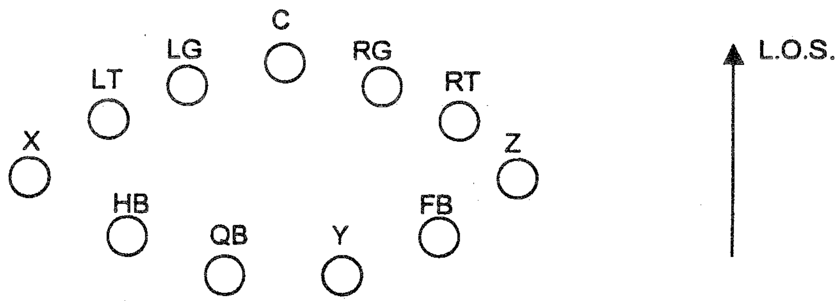
Dallas Cowboys

2001

THE HUDDLE



1. Center sets the huddle 7 yards behind the ball. Get into the huddle quickly so the Quarterback can get the play called.

2. Everyone has hands on knees, eyes on the Quarterback. Watch and listen to what the Quarterback says. The Quarterback may kneel down. The Quarterback must speak loudly and try to make eye contact with everyone.

3. Keep huddle open so end men (tackles and wide receivers) can see and hear.

4. The Center controls the formation of the huddle, and huddle discipline until the Quarterback steps in. Once the Quarterback steps in, he runs the show. There is no talking until the Quarterback breaks the huddle.

5. Messengers should talk to the Quarterback behind the huddle. Players being subbed for should leave the huddle as soon as they get the message. "Lingering" or more than 11 men in the huddle is a penalty.

6. QB call example:

	Shift	
	Formation:	"I' Right"
	Movement (if any):	"Zoom"
	Play:	"Lead Draw Right"
	Snap Count:	"On 2 (repeat) On 2"
		"Ready Break" (all clap hands)

7. "Check" Call = asking Quarterback to repeat the call.

8. Breaking the Huddle: Y goes first. WR's go behind the huddle. Hustle to L.O.S. and get set quickly. We only have 25 seconds to call the play then snap the football.

FIELD DIMENSIONS

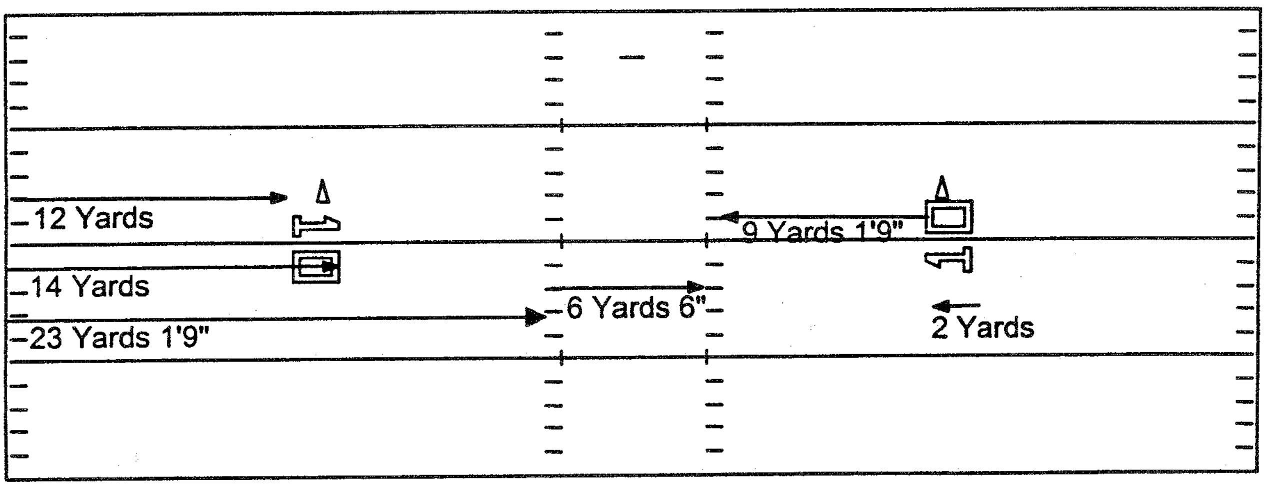
It is important for all players to know the exact size of the field. We must have a constant awareness of where we are on the field – and where we are going – at all times.

1. The field is 53 1/3 yards wide.

2. The bottom of the numbers start 12 yards from the sideline and are two yards tall.

3. The distance from the top of the numbers to the hash marks is 9 yards, 1 foot, 9 inches. The distance from the sideline to the hash marks is 23 yards, 1 foot, 9 inches.

4. The distance between the hash marks is 6 yards, 6 inches. (The distance equals the width of the uprights of the goal post.)



CADENCE AND ALERT SYSTEM

We are basically a non-rhythmic cadence team. Our cadence is broken into three (3) parts:

(1) Set Command
(2) Audible, Color and Number
(3) Snap Count

An example of a full cadence at the line of scrimmage would be as follows:

(Set)	Green 80, Green 80	Hut, Hut, Hut
Set Command	Audible Color & Number	Snap Count

1. Our offensive line will take a three-point stance immediately as they reach the line of scrimmage. The set command is a preparatory alerting command to initiate the cadence sequence.

2. We will have the ability to snap the ball on the following counts:

a) Second Sound:	Set, Hut
b) On One:	Set, Green 80, Green 80, (Hut)
c) On Two:	Set, Green 80, Green 80, Hut, (Hut)
d) One Three:	Set, Green 80, Green 80, Hut, Hut, (Hut)
e) On Four:	Set, Green 80, Green 80, Hut, Hut, Hut, (Hut)

3. Alert: We will have the ability to call two (2) plays in the huddle and select the play we prefer at the line of scrimmage. Example: In the huddle the Quarterback calls "I Right Pitch Rt Alert Bob Left on 2".

   At the line of scrimmage, he wants to run the Pitch. He calls:

   Blue 40, Blue 40 Hut, Hut

   If the Quarterback wanted to run Bob Left, he would call:

   Alert Blue 40, Blue 40 Hut, Hut

RUNNING BACKS
TABLE OF CONTENTS

I RUNNING BACKS POSITION AND PHILOSOPHY

A) We prepare not only against each individual team and each individual player, but we also must prepare against the game itself. To do this one must be verse in all the basic fundamentals of all aspects of the game: Run, Pass, Blocking and Receiving.

B) The Characteristics of a Running Back

1) The ability to attack the defense and defeat the first defender are the essential ingredients that I look for in a Running Back

2) As a runner you must think of yourself as a dominate player.

3) Competitive speed is essential

4) The ability to Burst and Accelerate are vital.

5) Instinctiveness along with great decision-making ability is crucial

6) Durability and toughness are a must

II BACKFIELD STANCES AND STARTS

A) The 2-point stance: Balance is essential

1) Feet shoulder width apart, with the feet parallel

2) The toes pointed perpendicular (straight) to the LOS

3) A concentrated effort should be made to have the weight on the inside balls of the feet, heels just touch the ground

4) The knees should be slightly bent

5) The hands should be placed lightly on the thighs with the fingers relaxed and pointing down

6) The head is held up, looking straight ahead

B) The 3-point stance: Balance is essential

1) The feet should be shoulder width apart and parallel to the LOS

2) There should be an even distribution of body weight on the down hand the two legs

3) Toe to instep relationship

4) Back flat, eyes up, knees bent, shoulders square to the LOS

5) The down hand is on the ground about 6 inches in front and in a straight line from the shoulder

6) The free arm and hand is resting on the upper leg

7) A three-finger bridge creates a more balanced distribution of weight

8) You must be able to shift your weight depending on the direction of the first step both mentally and physically

C) Starts: Speed and quickness can be crucial between the big play and a mediocre play

1) Develop a consistent balance in your stance to insure consistent movements in all directions.

2) You must be consistent getting off with count and not at the count.

III BACKFIELD TERMINOLOGY

1) 1-2: Back is responsible for the two LB's or Safety to his side, used in pass blocking
2) Aim Point/Landmark: A designated spot used in directing a back to initial start his action
3) Area Block: a designated area the Back must find and block anyone in that general area
4) Bubble: Offensive lineman has a LB aligned over him but of the LOS
5) Chip: A block on an outside rusher by a back who continues on to his called route.
6) Covered: Offensive Lineman has a down lineman over him.
7) Crossover: Start with backside foot crossing over front side foot in initial direction
8) CWM: Check With Me
9) Drop Step: Use with 2-point stance, a short back step with backside foot to plant and push for maximum explosiveness when attacking the LOS
10) EMOL: End Man On Line
11) Gap: Change a blocking assignment between a Back and Guard when a covered guard has a blitzer in the Guard/Center gap.
12) Hesitation: A quick shuffle from stance to delay the release
13) Hot: Designated back or receiver key a defender to break off a called route if the defender blitzes or dogs.
14) Jab Step: A quick step opposite the direction of the play
15) Jump Step: A slight jump or pivot with both feet to the playside with hip and shoulders pointed directly at the aim point. Associated with stretch, power type plays.
16) Lead Step: The 1st step directly at aim point
17) LOS: Line of scrimmage
18) Louie: Directional called by Center or QB that tells the Center and call side Back to block the #1 and #2 potential blitzers to the left.
19) MDM: Most Dangerous Man
20) MFC: Middle Field Closed
21) MFO: Middle Field Open
22) Nod: Head fake on a defender then break opposite.

23) Pivot or Roll Step: Initial step with playside foot that brings the backside shoulder. This allows the RB to slow down his initial step and read the scheme. The 2nd step is a short lateral half cross step. Usually associated with Belly type plays.

24) POA: Point of Attack

25) Roger: Directional called by Center or QB that tells the Center and call side Back to block the #1 and #2 potential blitzers to the right.

26) Slide Step: Near foot slide step laterally followed by backside foot, should be perpendicular to LOS

27) Speed Release: A quick release into the pattern as fast as possible

28) Throttle: Tells a back to continue slowly through a zone without completely stopping

29) Track: A pre-determined course for a run or block

IV BALL EXCHANGE AND BALL CARRYING TECHNIQUES

A) Run your course at pre-determined landmark, keep your eyes focused on the defender at the point of attack

B) The QB will find the pocket, don't slow down

C) Do not grab the ball, allow the QB to seat the ball

D) The Pocket: the main responsibility of the Ball Carrier

1) The goal is to form a lateral V

2) The inside elbow of the top arm should be shoulder height

3) Hand against the chest with the thumb pointed down to the tie area

4) The pocket is formed from the top of the numbers to the belt buckle. The pinkie of the bottom hand is held approximately six inches off of the belt buckle

5) Once the ball is placed in the pocket, fold over it, don't grab or clamp, take the ball by feel

6) Whenever possible carry the football in the arm away from contact. Always keep the football in your outside arm when running near the sideline

7) As a runner you should attack the defender with North and South running. Take all of the ground that is yours and then avoid the defender on a vertical path.

8) One must learn to impose his will on the defense, always finish a run by falling forward and getting after-contact yards

9) Most tackles are made from the inside. Keep your eyes up and run with your eyes which instructs your feet where to go

10) The ability to run with your feet close to the ground enhances greater balance

11) Most great runners know the defensive fronts and coverages and what they are trying to accomplish with their scheme

V RUN BLOCKING PROGRESSION

A) Philosophy: Your blocking ability, as a running back, plays a very big part in our basic attack. For us to consistently move the ball, we must be willing to block whenever the other back is carrying the ball.

B) Run Blocking Progression

1) Pre-Snap Look: Always take a PSL to locate your blocking assignment prior to the snap. On your first step, get your eyes on your man immediately. (Shoot Your Eyes) Vision is the most important aspect in blocking. You must locate the man and keep your eyes on him as he is not going to stand in one spot. Concentrate on your target.

2) Stance: You must assume a good stance. A stance that will allow you to take the proper step in correlation with the proper approach and block being used.

3) Approach: Each block has an initial approach and you must concentrate on this angle of departure. Once the ball is snapped and your man moves to play his responsibility, know that your approach must automatically adjust. Know your "Target" and attack the defender. Bend the knees – don't bend at the waist. Get in good football position by lowering the center of gravity by bending the knees.

4) Contact: Be a hitter. Block through the man, not on the man. Keep your head up and eyes on target and hit on the rise. Don't stop your feet upon contact. Know whether to utilize hands or shoulder skills. To hit as you have to, you must have and maintain a good base under you. Keep your feet apart, approximately shoulder width.

5) Finish: Finish your block by running through the man. In order to maintain contact you must keep your knees ben, head up, back at proper angle, and your feet moving until the whistle blows.

C) Pass Blocking Progression: As a back moves the LOS after a pass play is called in the huddle, there should be a progression of thought in mind as to your assignment. The first phase involves your alignment; the second, protection; the third, release; and the forth, pattern.

1) Alignment
   (a) No tip off
   (b) Adequate position for blitz pick up
   (c) Easy release when called
   (d) Pattern to be run\

2) Protection
   (a) Know the front
   (b) Know who you are responsible for within that front
   (c) Know alignment tips and individual tricks he may play
   (d) Always assume your man will blitz
   (e) Never move to a spot where you are out of position to pick up a blitzer

3) Release
   (a) Know where pattern designates you to release
   (b) Be aware of possible adjustments you must make
   (c) Avoid contact with offensive line
   (d) Know how quickly you are needed in pattern
   (e) Know the coverage (Man or Zone) – You beat man with speed!

4) Pattern
   (a) Know what you are trying to accomplish by your pattern
   (b) Know if you are primary or secondary
   (c) Know when you are to adjust pattern (option-man)
   (d) Know everyone's route in the pattern
   (e) Know depth and width required
   (f) Be aware of yardage needed for a first down
   (g) Be aware of time remaining and the score. Do we need to stop the clock or stay in bounds?
   (h) Anytime QB scrambles, work back toward the side of scramble into an open area. When you get within 3 yards of sideline turn up. If deep work into open area.
   (i) After the ball is caught by another receiver, get into a position to block

VI BACKS PASS RECEIVING BASIC

A) Know and recognize coverages:

1) Learn defensive coverages as well as your own offensive plays. You must be aware of linebacker and secondary movement

2) Study individual defensive personnel and look for their weakness, then take advantage of them

3) Vs. man-to-man coverage use good moves in running routes. the tighter the defender plays, the better the fake or move must be. The looser the defender plays, the more the receiver must threaten to go deep.

4) Vs. Zone coverage, sprint to the proper area of the zone with no moves to occupy LB's

B) Receiving

1) Do no run with your hands and arms outstretched. It slows you down and breaks your stride. Keep pumping until the last second. This will enable you to maintain speed to the ball.

2) Learn o adjust to the ball in the air. Decide where it is going and go get it.

3) Get your "head" around for the ball immediately upon your break

4) Keep your eyes on the ball

5) Never wait for the ball to come to you. When possible, step back.

6) Secure the ball after the catch, turn upfield and sprint for the goal line

7) Keep two feet inbounds on a sideline catch. Always catch the ball first then stay in bounds. Never jump for the ball along the sideline unless absolutely necessary.

VII ROUTE RUNNING VS. MAN COVERAGE

A) Release Clean
  1) Anticipate the type of technique the defender will use to take away leverage
  2) Release directly at him, slightly inside or to the outside. Use head fakes to move the defender opposite the desired release path
  3) Use quick swim or rip technique to beat the jam
  4) Do not allow the defender to flatten your release

B) Sell the Deep Route
  1) Run with good body lean
  2) Move the defender. Take him inside or outside depending on how he plays. Use break fakes, include the head and shoulders as well as the feet. also use a change of pace move to cause defender to hesitate
  3) Weave as you run as opposed to straight-lining-it without losing speed

C) Separate from the Defender
  1) Do not telegraph your break
  2) Use the eyes to force defender to look for the ball
  3) Use rip technique to get on the upfield shoulder and turn in if defender is square at break point or uses a slide technique if he jams you

D) Explode Out of the Break
  1) Don't cross over
  2) Run away from the defender. If coverage is tight, come slightly downhill

E) Catch the Ball
  1) Don't wait on it. Go get it. High, low, inside or outside come down with the ball. Reach at the last possible second. Hands and arms must be strong. Defender will strip arms or the ball
  2) Secure the ball before running. A catch is not a "catch" until you put the ball securely away

WIDE RECEIVERS
TABLE OF CONTENTS

RECEIVER ALERTS

EACH RECEIVER MUST KNOW THE FOLLOWING FOR EACH PLAY, RUN OR PASS.

1. **SITUATION**

    A. DOWN AND DISTANCE
    B. FIELD POSITION
    C. PASS – SIGHT ADJUSTMENT

2. **FORMATION**

    A. RIGHT/LEFT
    B. RUNNING/PASSING STRENGTH
    C. VARIATION/MOTION

3. **PLAY**

    A. BASIC
    B. VARIATION

4. **SPLIT RULE**

5. **P.S.L. (PRE-SNAP LOOK)**

6. **STANCE**

7. **RELEASE (ANGLE OF DEPARTURE –CLEAN/HELD UP)**

8. **R.O.M. (READ ON THE MOVE)**

9. **ADJUSTMENTS TO THE SECONDARY**

10. **PATTERN – BREAKING POINT**

11. **KNOW THE ELEMENTS OF THE ZONE COVERAGE.**

12. **KNOW THE ELEMENTS OF MAN COVERAGE.**

13. **KNOW THE ELEMENTS OF COMBINATION COVERAGE.**

BASIC PRINCIPLES OF PASS RECEIVERS

1. Always assume man to man coverage.

2. Our Number 1 priority as a receiver is to CATCH THE BALL.

3. We must continually attack the defender: the defender must always see the receiver as an upfield threat.

4. Our stance must always maintain itself, especially when we are tired. No excuse for a sloppy stance.

5. After the catch – split the defenders, get upfield: Run N-S, not E-W.

6. The run after the catch will amount to 50% of our total passing yardage at the end of the season.

7. If another receiver catches a pass: turn and block the man covering you. Don't block behind you. NO CLIPS.

8. Always assume that you are the primary receiver. Don't tip a defender by only running full speed when you are the primary receiver. Every receiver is primary.

9. To be a good receiver is an ART. It takes time and effort.

10. Always look the defender in the eyes.

11. Strive to be a graceful and fluid receiver. Everytime you go upfield you should look the same: smooth and graceful.

12. As you move upfield we must avoid the following tip-offs to defenders:

    a. Running with your head down, then looking up as you prepare to cut.
    b. Running, looking the defender in the eyes then dropping the head and eyes as you Prepare to cut.
    c. Arms that fly out as you cut.
    d. Raising the head and shoulders as you prepare to cut.

13. Concentrate on the stacifics of what you do (on film) as well as the results of the catch.

14. A move is a definite change of direction: like a post-corner.

15. A nod or weave is a very slight change of direction: we never lose speed on a nod or weave.

16. The most important part of a play call is the (prior to the snap of the ball) 6 seconds from the time we leave the huddle to the snap of the ball. After we leave the huddle to the snap here is what we must know:

    a. Assignment
    b. Formation – Alignment – (Motion if called)
    c. Split
    d. Recognition of Zone or Man if pass is called.
    e. Blocking assignment if run is called.
    f. Route conversion on pass call (if needed).

17. Part of running good routes is being able to recognize alignments with coverage. Keys on reading coverage:

    a. Corner lines up slightly inside of you and faces you up: Man.
    b. Corner is looking at the QB and standing tall: Zone.
    c. Safeties are deeper than normal: Zone.

18. Clear Out Patterns are 40 yard sprints without looking back.

19. Awareness: of Down and Distance/Field Position. Sideline-Field Conditions.

20. We will come off the ball smoothly and gracefully on every play, run or pass.We will not do the following:

    a. Do not come off full speed when you think you are getting the ball and then half speed when you are the secondary receiver. Defensive players recognize different speeds.

21. On 5's and 6's: be decisive, don't be hesitant.

22. On 5's and 6's: never let a LB or Safety stand between you and the QB. Must keep equal distance between LB's and Safeties.

23. When you catch a pass and your back is to the defender, anticipate the hit as you begin to get your head and eyes upfield. Don't be surprised and fumble.

24. If in doubt, always pass up the possible "clip".

25. If the 1st team is running a play in practice, the rest of the receivers must know what is going on.

26. Catch the ball before you run with it.

27. Against Press learn to use directional steps to get upfield. Do not chop feet.

28. Run as fast as you can but under control, Pivots: Short 6,5's 6's.

29. Moves: definite change of direction.

    a. Our head and shoulders are always on a swivel, welded together. By this we mean that in our attempt to make a defensive back take the bait, our head and shoulders must come around: like the Post Corner.

    b. Poor move is a sting by the receiver and on the sting the receiver never look back to QB. Defensive back won't take bait if head and shoulders are not on a swivel.

30. All receivers are primary receivers on every pass play, and primary blockers on run plays!

31. Run upfield for 5 yards after every catch.

32. Scan: a receiver pre-reading coverage and also seeing the snap while at the line of scrimmage.

THOUGHTS FOR THE WIDE RECEIVER

CONCENTRATION: Concentration on Fundamentals every play; keep your eyes on the ball. Your first responsibility is to catch the football. Always expect to get hit; concentrate on the catch. An opportunist is the receiver who concentrates and executes every play, preparing himself to make the big play needed to win the Championship.

HAVE INTENSITY: Carry out your assignment at full speed on every play. This distinguishes The "Great Ones" from the "average ones". Always run your pattern at full controlled speed. Always be alert for the ball and although you may not be the primary receiver, anticipate the QB throwing to you. Intense wide receiver play is the key to success.

AGRESSIVENESS AND THE ABILITY TO CATCH THE FOOTBALL: Get to the point of attack. Get off the LOS without being held up; front up the man you are assigned to block; when assigned to an area, get there! When the ball is thrown, it is ours. Go make the Championship catch.

MAKE THE BIG PLAY: The block that springs the TD is as important as the run itself. When you catch a pass, tuck it away, get upfield, fake, spin, break free, and score.

PHYSICAL TRAITS: Hands, quickness, agility, coordination, speed, strength, flexibility, and endurance. A successful receiver will work daily on the development of these traits, preparing for every game.

STUDENT OF THE GAME: Develop good work habits; pass receivers are made by practice, day after day until skills and assignments become second nature. Carry on constant communication with Quarterbacks, coaches, and receiver corps. Know your opponents; have a book on them. When are they in two-deep? Do they gamble? What is their speed? What cut will beat them? Always know field position, time remaining, down and distance, sun position, wind direction, and overall field condition.

FROM THE HUDDLE TO THE WHISTLE:

A. Know your assignment
B. Recognize the defense
C. Attack the defense through proper execution of your assignment
D. Make the block; catch the ball
E. Score

RECEIVER SPLITS:

A. WR must use splits to his advantage. An adjustment in split can put you in an Advantageous position to complete the assignment.

ALIGNMENT VERSUS INSIDE RUN GAME: Receivers should vary your splits to allow for better disguise. All run plays have alignments written in your assignments.

CATCHING THE FOOTBALL AT ALL COSTS!: We strive for consistency. Catch all the Balls you are supposed to catch and the great catches will come.

Concentration is the most important single factor in catching the ball – whether it is in a crowd, tipped, high-low, or on the sidelines. Your eyes are in your hands. Look the ball in all the way until you secure it on your hip.

Drops are caused due to the following:

A. Lack of concentration
B. Fatigue. Fatigue sets in, balance leaves the body.
C. Courage!

Each receiver should catch as many balls as possible each day!

PATTERN PROGRESSION:

A. RELEASE – Always come off the line of scrimmage as hard as you can. Stay low. No matter how tight the coverage, get into your pattern as soon as possible. Do not be held up on the line of scrimmage. Do not waste moves.

B. CAUSE MOVEMENT – By coming off the ball low and hard every play, you gain the attention of your defender and cause concern for being beat deep. Even when blocking, come off the line of scrimmage low and hard.

C. POSITION VS. DEFENSIVE BACK – Each week, each receiver should know the habits and weaknesses of the defenders based on film study. This will allow you to best defeat the defender when executing your route.

D. FOOT QUICKNESS – There are receivers who actually run the 40 yard sprint in the same time. One will get into and out of the final break smoothly – the other receiver may actually be running in cement going into and out of his final break. In conclusion, foot quickness is an important factor in judging whether or not a receiver has the speed to play. Work each day to improve your foot quickness.

RECEIVER ROUTE DEPTH

First Rule of Thumb: **"GET OFF THE BALL"**

ROUTES	DEPTH	VS PRESS	VS COVER 2
HUSKY	RUN – IT – HITCH	STAYS ON	STAYS ON
HITCH	3RD OUTSIDE STEP, NO DEEPER THAN 6 YARDS, STATIONARY	FADE	FADE
PATRIOT	12 YARDS (STEM 6 ROUTE)	WIDE OUTSIDE RELEASE 2 YARDS FROM SIDELINE	SAME AS PRESS
0	CROSSING ROUTE 6 TO 7 YARDS DEEP	STAIR CASE DEFENDER	HOOK UP IN AREA FROM CENTER OVER
1	2ND INSIDE STEP, NO DEEPER THAN 6 YARDS	FADE	FADE
2	2ND OUTSIDE STEP,45 DEGREE ANGLE, 15 YARDS AND HASH	FLATTEN	WIDEN CORNER FOR BIGGER WINDOW
3	SLIGHT ANGLE OUT 3RD INSIDE STEP	FADE	FADE
4	RUN THROUGH 15 YARDS BUT PUSHING FOR 18 TO 20 YARDS COMING OUT THE BREAK THEN UNDER CONTROL	STAYS ON	STAYS ON
5	17 YARDS, COME OUT **OF** THE BREAK	STAYS ON	STAYS ON
6	12 YARDS AND TURN	STAYS ON	STAYS ON
7	SLIGHT SEAM RELEASE 4 TH INSIDE STEP	STAYS ON	STAYS ON
7 PUMP	REGULAR 7 ROUTE AND AT APEX, 3RD HIGH STEP OUT THEN UP, NOT LOOSING MOMENTUM	OUTSIDE RELEASE	SLIGHT SEAM RELEASE
8	SLIGHT ANGLE OUT 4TH OUTSIDE STEP *MUST WORK ACROSS CORNERS FACE	FADE	FADE

DEEP 8	MINIMUM 15 YARDS, CLOSE CUSHION THEN GO FOR THE FAF GOAL POST	STAYS ON	STAYS ON
9	CLOSE CUSHION, NO CLOSER TH 5 YARDS FROM SIDELINE	SQUEEZE DEFENDER	STAYS ON
9 PUMP	14 YARDS, GIVE QUICK HEAD & SHOULDER FAKE AT QB	STAYS ON	FADE
96 COMBO	12 YARDS AND TURN	STAYS ON	STAYS ON WORKING TO QUARTERBACK

TIGHT ENDS
TABLE OF CONTENTS

RUN BLOCKS

BASE: Man block, drive hands under and strike with triangle, sink your hips and get movement, regear your hat and hands. Landmark down the middle.

GAP: Block man on or inside, on or off the ball.

Ed Down block on 6 technique.

Gap Influence Club Drive head inside like cut off then club opponent in armpit and drive, i.e. Scissors play.

Tray Combo 5 Technique with Hot to appropriate backside LBR (Will)

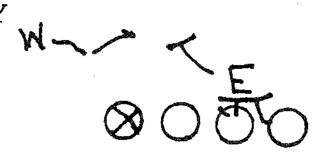
**Leverage points of hips, TE's playside shoulder is down, flat to pointed toe steps.

Team Y & Z combo 9 or 7 Technique inside to appropriate LBR.

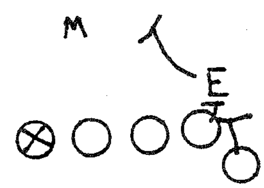
ED



TRAY



TEAM



LEAD: Block man on or outside.

Lead Influence Start base with widened landmark to make defender defend his width.

Triple Y and OT combo 7 to 9 Techniques onto Sam.

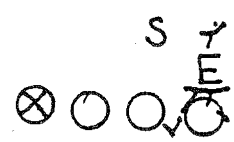
Inside Triple Predetermined cut back play when tackle drives end wide to Y and comes up inside the combo.

Out If Sam aligns wide and on the LOS, the TE will block out with lead technique.

Safety OT, Y and F lead combo to the frontside Safety.

* Points of leverage, inside shoulder, backside shoulder low, hats and hands, bucket step to produce hip angles.

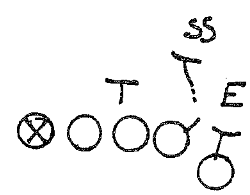
TRIPLE



OUT



SAFETY



RUN BLOCKS

BACKSIDE

Base Cut Off Play has strong cutback opportunities. Y must stay up and on block

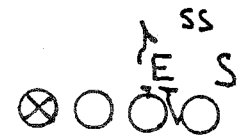
Ripping Cut Off Wide play with little chance to cut back. Cutting defender is an option

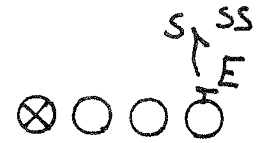
Plug A base cut off to a plugging Safety.

Moon A cut off to a plugging Safety

Fuzz Full zone with a Z or F behind a Y.

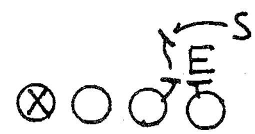
PLUG



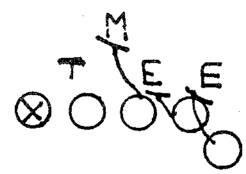


MOON





FUZZ



PASS PROTECTION

"Hang" Take a man on L.O.S.

Points of Empasis:

1) Set – Puts one in best protection position
2) Punch – the strike that stops or slows Brush
3) Shuffle – the ability of moving your feet to adjust your position

** Inside hand inside number

KEYS TO TIGHT END PLAY

PLAY TEAM FOOTBALL. Do whatever the team asks you to do, all out and with great attitude. Block and receive with equal eagerness. Have no pre-snap penalties.

Receiving is a heartfelt responsibility to your team. Learn the skill to put yourself in the position to catch a pass. Catch the ball with confidence and put it away. Know when you are catching the ball in a crowd and protect our opportunity to score. When the ball is secure (high and tight) advance it aggressively. Ball security will help define our victories.

Block through the whistle and defeat your opponent. Hustle and out hit and work your opponent during the game. Pursue our play Make a timely block, recover a possible turnover or make a tackle.

Know the call, perform the shift, motion and beset for the snap count. Be alert to the Offense's Tempo.

1. Play Team Football
2. Catch the ball with confidence and put it away
3. Ball security will us define our victories
4. Block through the whistle and defeat your opponent
5. Pursue our play
6. Be alert to the offenses tempo

These are Winning Characteristics!!

TIGHT END INDIVIDUAL

1. STANCE: Right and Left handed stances will be taught. Right side Y's will be in right stance. Left side Y's will be in left stance.

   Stances should be balanced and allow good vision. Inside foot up in slight stagger. Opposite hand down directly in front of back foot. Inside arm should rest in ready position along thigh to knee.

   A standard stance allows for the same steps, techniques and releases on each side of the L.O.S.

2. SPLITS will be looked at in two ways: Horizontal splits will be 18 inches to 2 ½ feet.

   Vertical splits will be

   On; hand will be placed on the helmet of the Center. Standard; down hand will be placed in the arm pit of Center.

   Off; down hand will be placed on the hip of the Center

   *Splits will show similarities to perform different tasks. i.e. 18 inches, On the ball to release on play action pass and gap block on power.

PASS GAME

Each route will be approached from these characteristics:

1. Release – the best, most effective line of scrimmage move to allow you toe executre the route called.

2. Stem – that direction after the line of scrimmage that sets up the defender; i.e. Stem to defender outside number to move him and break across his fact to post.

3. Move – an elusion you show the defender before you make your break. i.e., stick him and break opposite, stutter, double move, sell the out, turn shoulder quarter turn.

4. Break – the part of the route where separation is deigned. This is an aggressive, fast driving change of direction. This will require sinking your hips at the point of the break, finding your power and accelerating.

5. Catch – the physical function of looking in the ball catching with your hands at the highest point bringing it into your body to secure its possession. (Ball Security)

6. Run after catch with ball security! (over the ball in a crowd).

7. Run away from tacklers then look to punish by dipping shoulder and lifting forearm up through tackler.

LINE OF SCRIMMAGE RELEASES

1. Dip and Rip
2. Stick, Swat and Pin
3. Stick Double Hand Over
4. Double Wide Stick
5. Spin

Secondary Releases

1. Dip and Avoid
2. Defeat hands, swim swat
3. Butt and Bounce
4. Stiff and Swim
5. Drive to an edge on head up defender

Stem to move the defender

1. Tite defender – re-establish stem
2. Certain stems must always stay inside or outside defender
3. Moving the defender to head up is the advantage position to make move either way. i.e., stem wide to make defender defend width, straighten stem to move inside.

OFFENSIVE LINE

OFFENSIVE LINE PHILOSOPHY

The effectiveness of our offensive line is relative to how well we function as a knowledgeable, cohesive, physically and mentally tough unit. In order for us to establish this type of play with consistency, there are six areas that must be understood.

Knowledge of our Offense – We must have total understanding of each play. Average offensive lines may know their assignments, but great offensive lines **know** each play. We must know the theory of each play, the backfield action and what **all** the blockers are doing.

Knowledge of our Opponent – We must have an understanding of defensive schemes, the responsibility of each person in that scheme, and how they will react to our blocking angles. We also must know the personnel we are playing against, their strengths, their weakness, and any tendencies they might have.

Communication – Our offensive line must strive to function as a tightly knit unit with a single-mindedness of purpose. In order for this to happen, it is essential that we establish a communicative system that is understood in **common**, under no uncertain terms. Our ability to communicate our attacking patterns, for each defense our opponents present to us, is critical. It is essential to insure our philosophy of always blocking the right defenders. If we communicate in **exact** common terms, we will eliminate assignment errors and inconsistent play.

Technique – Once we have identified the best way to attack a defense, it is imperative that we use the proper techniques that will allow us to have the best success in controlling the line of scrimmage. The essence of technique is leverage. There are two types of leverage, positional and physical. **Positional leverage** is putting yourself between the defender and the point of attack. **Physical leverage** is establishing a physical relationship (pads under pads) with an opponent, that will allow you to control him.

We must constantly strive to use the proper techniques that fit our system and allow us the highest possibility of success.

Effort – Big plays are always the result of someone giving great effort. A football team that plays hard on **every** down is a very hard team to beat. A offensive line that comes off the ball and works to finish blocks on each down will demoralize and defeat their opponents. We must strive to give all of ourselves on **every** down.

No Penalties – This is an area that is rarely mentioned before the fact, but this is an area that has a great deal to do with consistent performance. The elimination of penalties gives an offensive team the greatest possibility of success, because that offensive team will have a minimum of drive stopping downs (long yardage) to overcome. The elimination of penalties is a huge factor in being a consistently good offensive team.

FUNDAMENTALS

Split: Normal Split equals 2 feet. You can adjust according to the play.
Short Yardage (vs. 34) – 18 inches.
Short Yardage (vs. 61) and Goal Line – 6 inches.

Alignment: Guard and tackles align yourselves so the top of your helmet is on the belt line of the center. This alignment will give you some depth off the line of scrimmage, so that your man is not close to you. On Short Yardage and Goal Line, move up and get all of the ball. If you are down blocking and the man inside of you is pulling your way, also move up on the ball.

Up Position: This is a position assumed in a definite passing situation with hands or elbows on knees. A position that is balanced enables you to set quickly or pull right or left with no false steps.

Stance: Take a comfortable position with your feet, approximately shoulder width, pointed straight ahead and in alignment with your knees. Your feet should be aligned heel to instep or toe to allow you to step with either foot. Weight should be equally distributed on the balls of your feet with your tail raised until your back is parallel to the ground. Extended fingers of the hand, on the same side as the rear foot, placed on the ground with very little weight on them. Head up, bowed neck, and eyes should point straight ahead (be able to look down field). The stance may be altered slightly to allow for individual physical differences. Keep your stance constant. Be able to make all the necessary movements from one stance. Defensive men are constantly alert for anyone "tipping" the plays from their stance.

GENERAL BLOCKING PRINCIPALS

Head Priority: On each running play, you will be given a head priority, which indicates the target spot where your head should end up. Head priority is designed to give you the leverage to force the defender to take the long pursuit angle to the ball carrier.

Cylinder Approach: Consider the defensive man to be cylindrical. Aim your head and the path of your momentum on alien through the "axis" of the man. This puts your head on the middle of what he presents to you (it may not always be the front of his jersey). The precise angle that you take has many variables; the play called, his alignment, charge, etc.

Eyes: Before the snap, visualize the "target" point. At contact, "explode your eyes" through the target.

Controlling the Chest Area: In order to stop your man from disengaging from you to pursue the ball carrier, you must control his chest area. Do this by fighting through his hands in a lifting fashion and keeping your center of gravity lower than his. The success of your block will be based primarily on your opponent's inability to disengage from you.

Blocking Defensive Backs: Desire, hustle and determination are all that is necessary to become a successful downfield blocker. Locate the man you are to block on your first step, and go after him with your eyes fixed on him. Expect every play to break for long yardage with the idea that your block will be the one that will spring the ball carrier all the way. Never assume that the ball carrier has been tackled until you hear the whistle. Always make your best effort to block downfield until the whistle blows.

Blocking Outside on Force: Start your approach as if you are going to hook the defender. Make him think that the play is going outside of him. Approximately five yards in front of him, circle into position inside out to give him only one way to go. Most force men fake inside and then force from the outside. They are usually taught not to let anything outside of them. As you get close to him, dip and explode up and through him. Forcing yourself to take another step and swinging your knee into his groin will allow you to run over him without breaking stride. Your eyes should look into his numbers. Keep them open. You should hit with your head in front so that contact is made with your inside shoulder (further back if he is a spinner). Get your hands inside and control him.

Blocking Downfield: Strive to stay on your feet and run through and over the defender. Look your eyes and head into his numbers. Get as close to the defender as possible with the takeoff foot before hitting. Get close enough to step on his toes. Bring your body under control without slowing up. The defender may try to fake you either way because you are running straight upfield at him. Just before contact, dip down (genuflect), and explode up and through him. Swing your knee up into his groin and run over him without breaking stride.

A cross body block may be used if you are not in position to block him with your head and shoulders. Concentrate on driving your hip across and through the far hip of the defender, aiming high enough so that he cannot jump over your block. Your body control and angle of approach will determine the type of block that you use.

Throw all blocks with force. Unload up and through the defender. **We want him on the ground.** Sustain open field blocks by staying up in his face, rolling or scrambling and crabbing after him on all fours. If you cannot get ahead of the ball carrier, use good judgement of when to peel back. Never clip and cost us a long gain, especially if the ball carrier has scored or is about to score. Never look back for the ball carrier. It is his job to set up and cut off of your block. Throw your block any way you can assuming that the ball carrier is right behind you.

PROGRESSION OF THE BLOCK

Movement: To move quickly and efficiently towards your opponent, locate the "target" and transfer all your weight over the foot nearest your opponent (lead foot). Keep "flexion" in your knees, hips locked and square to your target, back flat, and bulled neck and eyes focused on the target. The footwork will depend on the type of block being executed, and the alignment of your opponent. "Drop", "influence", "settle", etc.

Contact: When reaching your opponent, be coiled and in a square position with your center of gravity low. "Explode your eyes" through your "target", clear and punch with your forearms and hands, and unlock your hips. The timing of this procedure is paramount to the success of controlling your opponent's charge.

Drive: Once you have controlled your opponent's charge, fight for hand position and steer your opponent. Keep a base with your feet, your legs under you, an arched back, and your head up. You are now in position to finish.

Finish: Once your opponent raises his center of gravity to locate the ball carrier, or tries to disengage and pursue, accelerate your foot movement from power steps to shorter and quicker steps (climb). Sustain your block by taking your opponent off the line of scrimmage in the direction he is trying to escape. Your man cannot make the tackle if you are in his chest.

TYPES OF RUN BLOCKS

Drive Block: The Drive Block is of utmost importance, since the techniques used in this block are used in varying degrees with all run blocking. As a starting point, we generally talk about where the weight is mostly concentrated in the stance and what foot we move first; however, we also maintain that it is a combination of unlocking the hips, driving force of the legs, and an upward left with the forearms and hands. The term **Drive** means that your man is the primary read, and the back will make his break off of your block; therefore, it is of utmost importance that you do not take a side, but square up with the defender and let the running back make the decision where to run.

Reach Block: Onside block designed to stop the pursuit of a defender on all outside running plays. We must not only maintain outside leverage, but also knock him off the ball. Footwork will vary depending on alignment of the opponent. Drop step in direction of the target. Roll over your inside leg, unlock your hips, and clear and punch with your inside hand. On your third step, work your outside foot upfield and feel pressure. Fight for hand position and get ready to finish.

Jump Reach: Onside block designed to stop pursuit of a defender on a play run to the outside. On this block, it is not necessary to knock the defender off of the ball, but only to get outside leverage. The footwork is basically the same as a regular Reach Block, except you will not gain ground and you will try to wall your opponent. This block is used when the ball is being tossed outside.

Wall Block: An offside area block designed to block the first man of two that is responsible for the inside area. Drop step inside and read the man over you. If he slants away, work upfield to the next defender. If the man over you crosses your face, use cutoff techniques.

Crab Block (Cut): This block is used when your assigned man is aligned in your inside gap or on the man inside of you, and we are running to the outside. Lead **step** with the inside foot down the line of scrimmage, aiming your head at his inside knee. Get your head and upper body in front of him to stop his penetration. Hit with your head and outside shoulder, then drive your outside knee and hip around his legs forcing your outside hip into his outside hip (hip to hip), and cut him down. Scramble and crab along the ground to sustain the block.

Down Block (Stay Up): This block is used when your assigned man is offset or one man removed from you, away from the play, and you are at the point of attack. Angle step with the near foot, aiming your head at the V of your opponent's neck if he is a penetrator. Move the aiming point back to the corner of his pads if he is a reader. Hit with your head and rip up with your hands and arms, follow through with your far foot and wall him off from the play. You must attack with quickness and force rather than reading and allowing your opponent to react to your block. Keep your outside hand high and use it to stop your opponent from "rolling out".

Cutoff Block: You will use two types of cutoff blocks. One is for outside runs, where you will **cut** your opponent. The second is for inside or cutback runs, where you will **stay up** and run with your opponent to cut off his pursuit.

TYPES OF PULLS

Outside: Pull with some depth down the line of scrimmage aiming your head in front of your opponent's inside thigh. Force yourself to take an extra step to get your head past his legs, then circle your head upfield as you make contact with your outside shoulder. You must exaggerate your angle of approach and realize that if he stunts away from the play and you miss him, he cannot catch the play.

Pulling: Speed and quickness are very important. Be especially conscious of getting out exactly on the snap count when pulling. Constantly check your stance to be sure that it is consistent and you are not "tipping" your pull by shifting your weight back, evening your feet, aligning deeper, or closing your split. In order to be an expect puller, you must concentrate on moving fluidly with your shoulders down, know your opponent's location so you can be decisive with your path, and stay on your feet through traffic so you can make adjustments. There are three fundamentals, which must be accomplished as you pull:

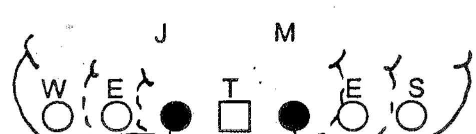
Far Foot: Mentally concentrate your body weight on the far foot (away from the pull). Pivot on the far foot pushing off of it as you leave your stance.

Near Foot: Take a jab step with the near foot with the proper depth for the particular play.

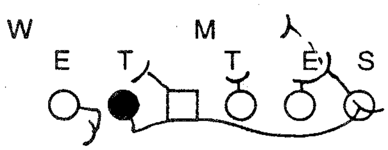
Locate your Man: Turn your head and immediately focus your eyes on your assigned defender. Running to him quickly with your eyes fixed on him will enable your feet and body to adjust automatically to the proper angle of approach and position for contact. Look your eyes into the proper head position and your footwork will take care of itself.

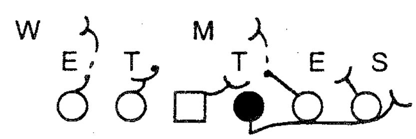
Concentration on these points will help you avoid false stepping and hopping. Every step of your pull should take you closer to your assignment. Your pull should be a continuous fluid movement.

Option Pull: Step laterally with your outside foot and with enough depth to clear your teammate. Fix your eyes on your opponent and keep them on him. React to his pursuit angle and get around quickly, find the place to turn up with your peripheral vision (you may use your hands on your teammates as feelers), and hit the linebacker quickly. The object is to get turned upfield ahead of the linebacker and wall him to the inside. If he crosses your face by running laterally to the outside before you can get to him, turn up and wall him to the outside. Once you are turned upfield, you may cut the linebacker by throwing your head and shoulders at his thighs. If you cut at him, you must get him on the ground.

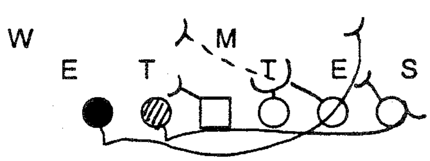


Trap Pull: Step laterally with just enough depth to clear your teammate's down block. Find your assigned man immediately by looking at the point of attack and seeing who is unblocked. You are to kick your man out so that we can run inside your block and outside the down block. You should bow your path toward the line of scrimmage to gain an inside-out angle at the defender. Aim your head in front of him so that you make contact with your far shoulder. Just before impact, dip lower and explode up and through the defender. Swing your knee up into his groin and follow through on your feet. You should always approach your man on an inside-out (bowed) path. If he closes the hole without penetrating and cannot be trapped, adjust to log and hook him, but never anticipate a log with your path, or you will not ever get the kick out angle that is required each time a trap play is called.

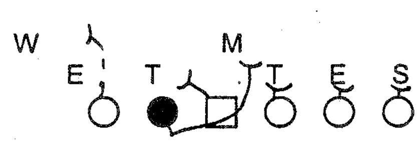




OT Pull: The off tackle's pull must be done with speed. The back is running on your block, don't slow him down. You must pull with a little more depth than the off guard you are following so that you can clear any penetration and read his block. Locate the man that the guard is going to trap on your first step. If he penetrates, be ready to turn up inside his block. If he closes, be ready to go around the guard's log. Once your decision is made, turn up and look back inside for your onside linebacker; not there, continue upfield for the safety.



Fold Pull: Step back with your far foot and raise up to allow your teammate enough room for his angle block. Use option pull technique to help stay square to L.O.S. As soon as you plant the near foot, dip down by bending your knees on the second step. Locate the linebacker, hit him in the middle of the tops of his jersey numbers. Rip with the hands and arms, swing your knee up into his groin and knock him backwards. Punch him out of the hole.



Crack Pull: Drop step with depth to clear fullback's block and run through the outside half of the secondary forcer. Don't leave your feet unless it is absolutely necessary. Example: Crack.



Blocking Linebackers: An assignment on a linebacker is vital. They are usually smaller and quicker athletes than offensive linemen, and the defenses in this league are designed to allow them pursuit angles to use their athletic ability to make plays. It is our job to get them blocked. Know how your opponents are taught to play your block (right/left shoulder or hand shiver) as well as their pursuit angle (behind linemen or running through).

At the Point of Attack: Roll off the ball low and hard forcing yourself to stay low enough to hit with your head under the linebacker's head. Your feet should be shoulder width. Look your eyes into the top of his jersey numbers, pop him with your head, and rip with your hands and arms (forklift technique). Keep your feet moving and take him where he wants to go. Know which shoulder he favors and always get movement.

Away from the Point of Attack: Release through the line at a sufficient angle to get your head in front as the linebacker flows with the play; however, if you are involved in a mate block with your teammate on the offside, your angle must not be so flat that your teammate cannot get a sufficient angle to cut off the down lineman. Take away the linebacker's angle of pursuit and make him escape by taking the longest route to the ball carrier.

Maintain your base and knee bend to stay low. The linebacker will probably try to fake one way and go the opposite. Be sure that you know how he plays this block and vary your depth so that you are in position to block him. Focus your eyes on his jersey numbers, and keep your feet moving to react to his path. You may cut the linebacker on Outside plays.

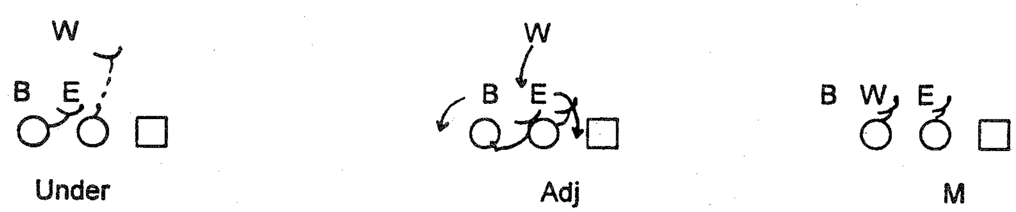
Mate Blocks: A Mate Block can be between any two offensive men responsible for blocking two defensive men in a given area. The closer you are to the point of attack, the more any Mate Block becomes a double team block (the reverse is also true). Pre-snap read of both the linebacker and down lineman is of utmost importance in helping you anticipate defensive movement. When the block is declared before the snap, the appropriate accompanying calls are indicated below, along with an example of each Mate Block. Note that calls may be changed or called off by either man. Use the last call made. Most Mate Blocks are triggered by a "Name" call **not** the name of the block.

Backside Calls: Made by the lineman on the bubble to gain the best possible blocking angle on the defenders. All Mate Blocks can be called off by calling "M" or "Base".

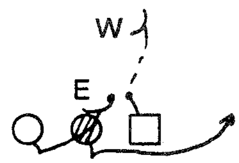
Moon: An area block between the off tackle and the tight end, when they are responsible for the defensive lineman over the tackle and the outside linebacker, when the defensive end is aligned in a wide six and the tight end cannot cut off the outside linebacker. Can be changed by either man calling "M" or "Base". Can also be used as a rule.



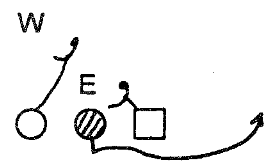
Under: An area block between the off guard and the off tackle when the tackle cannot cut off the linebacker and the guard can. Can be changed by either man calling "M" or "Base".



Slice: An area block between the center and the off tackle. Called when the tackle cannot cut off the linebacker. Can be changed by either man calling "M" or "Base".

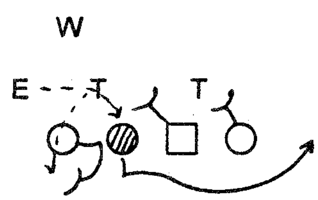


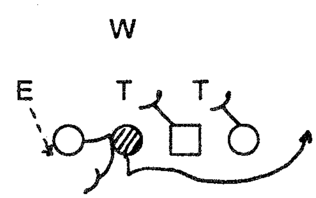
Slice

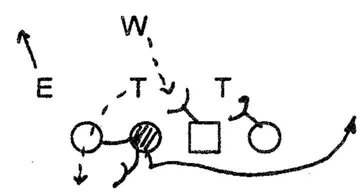


M

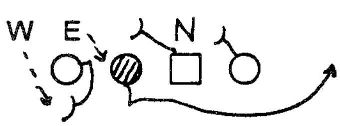
Hinge: An area block between the center and the backside tackle. The tackle has the B Gap and the center has the A Gap.



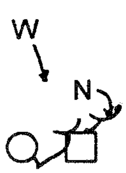




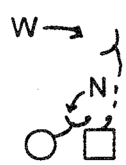
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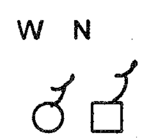
Scoop: An area block between the center and the off guard. Called when the guard cannot cut off the linebacker and the center can. Can be changed by calling "M" or "Base".



Adj

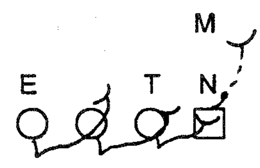


Scoop

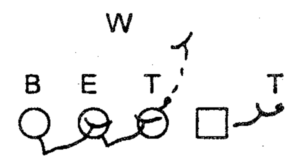


"M"

Trio: An area block between the tight end, off tackle, off guard and possibly the center, depending on the defensive front. Each lineman is responsible for the onside gap. Will be called by the guard if not game planned.

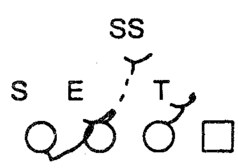


Trio

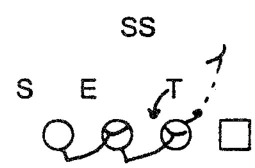


Trio

Plug: An area block between the off tackle, the tight end, and possibly the off guard. This blocking scheme is used to block a safety that has moved into the defensive front and is responsible for the A or B Gap.

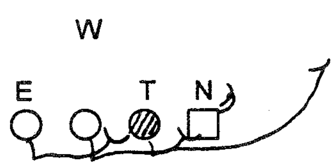


Plug

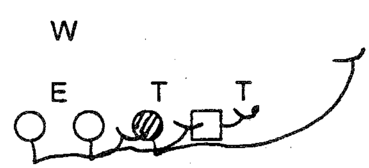


Under Plug

Pull It: A possible area block between the tight end, off tackle and the center if the defensive movement dictates such. The tight end and off tackle pulls and seals down the line, while the off guard pulls to the off side backer. The center blocks on side and may get partial help from the off guard "shrug".



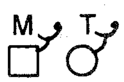
Pull It



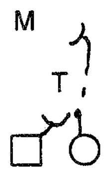
Pull It

Onside Calls: Onside calls are made by the post or inside man of the two mating. It is important that the opponent on the line of scrimmage be blocked first before going to the next level.

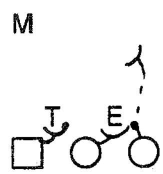
Slip: An area block between the on guard and the center. Called by the center when he feels he can reach the defensive tackle and cannot get to Mac. If the on tackle is involved, it is a double slip, and if the on tackle and tight end are involved, it is a triple slip. Can be changed by calling "M" or "Base". The technique used will vary, depending if the play is off tackle or wide.



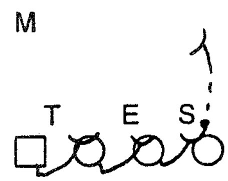
M



Slip

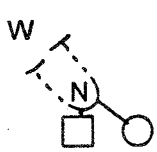


Double Slip

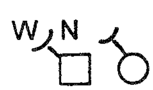


Triple Slip

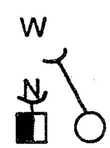
Ace: Teamwork between the on guard and the center, when they are responsible for the nose guard and the offside linebacker. Called by the center to reaffirm the blocking assignment and the technique. Can be changed by either man calling "gap" or "go".



Ace

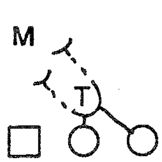


Gap

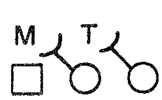


Go

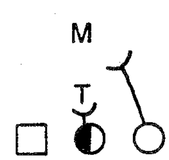
Deuce: Teamwork between the on guard and the on tackle, when they are responsible for the defensive tackle and middle linebacker. Called by the on guard to reaffirm the blocking assignment and technique. Can be changed by either man calling "gap" or "go".



Deuce

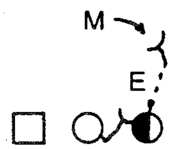


Gap

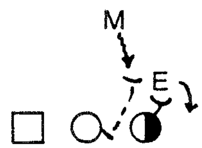


Go

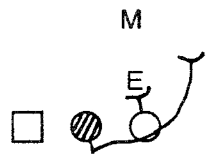
Over: Teamwork between the on tackle and the on guard. Called by the on guard when he feels he cannot get to Mac on an outside play, or we want to help get the end off the ball when running off tackle. Can be changed by either man by calling "M" or "Eagle". The technique used will vary, depending if the play is called off tackle or wing.



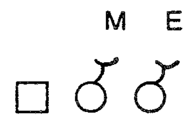
Over



Adj

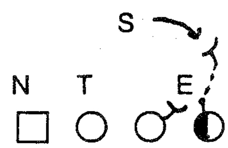


Eagle



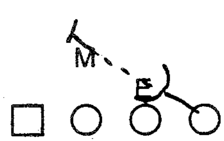
M

Triple: An area block between the tight end and the on tackle. Can be changed by either man by calling "M". The technique used will vary, depending if the play is designed to be run off tackle or outside.

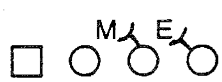


Triple

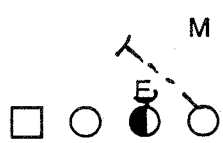
Trey: Teamwork between the tight end and the on tackle. Called by the on tackle to reaffirm the blocking assignment and technique. Can be changed by either man calling "gap" or "go". We will signify who we are teaming by game plan and play.



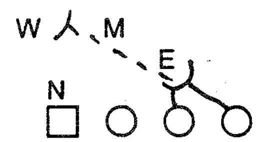
Trey



Gap

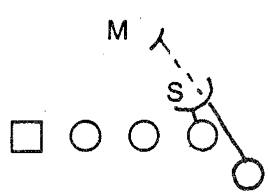


Go



Trey to Will

Team: Teamwork between the tight end and the wing to the first bubble backer inside.

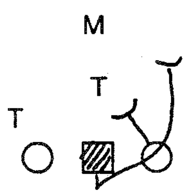


Team

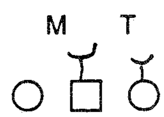
Exchange Blocks

A blocking pattern that changes the assignment between two or more offensive men that are designated to block two or more defensive opponents. The purpose of the call is to give each man in the blocking pattern the best possible blocking angle.

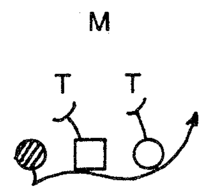
Wipe: An exchange of assignments between the center and on guard with the on guard going first. Called by the center. Can be changed by calling "gap-o", "gap", or "bump".



Wipe

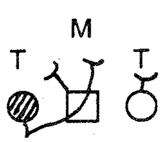


M

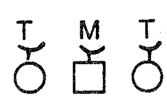


Gap-O

Fold: An exchange of assignments between the center and the off guard with the center going first. Called by the center to reaffirm blocking assignment. Can be changed by either man by calling "M" or "Base".

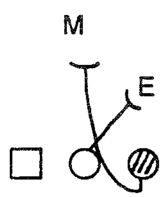


Fold

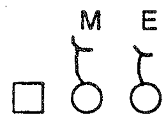


M

Gut: An exchange of assignments between the guard and tackle with the guard going first. Can be changed by either man calling "M" or "Base".

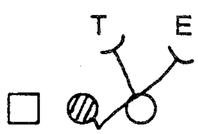


Gut

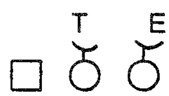


M

X: An exchange of assignments between the on guard and the on tackle with the on tackle going first. Can be changed by either man calling "M" or "Base".

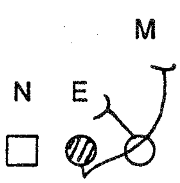


X

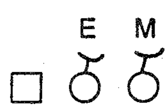


M

Eagle: An exchange of assignments between the on guard and the on tackle with the on tackle going first. Can be changed by either man calling "M" or "Base".

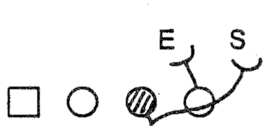


Eagle

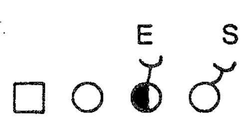


M

Ed: An exchange of assignments between the on tackle and tight end with the tight end going first. Can be changed by either man calling "M" or "Base". The play called will dictate the technique used by both men.

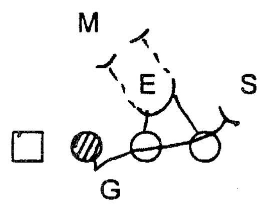


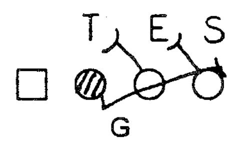
Ed



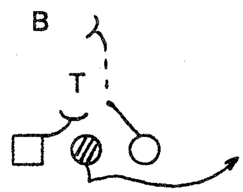
M

G: An exchange of assignments between the on guard, on tackle and tight end. The on tackle and tight end will Trey or Gap block while the on guard traps the end man on the line of scrimmage.



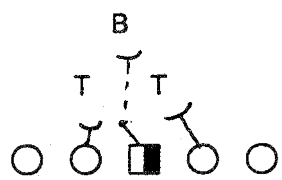


Squeeze: An onside block between the tackle and center when the guard is pulling.



Squeeze

Escape: A call that tells the onside guard that the center is escaping the Ace block.



PASS PROTECTION
OFFENSIVE LINE TECHNIQUES

Basic Premise – We generally maintain area principles with the guards, centers, and tackles, unless the protection scheme or defensive alignment dictates otherwise. By assuming a quick firm set to the correct **relative position**, and a good balanced two-point **body position**, we will attempt to deny any penetration to the inside of the pocket. The outside rush will be handled as successfully, but with less aggressive techniques, thus creating a firm inside pocket for the quarterback to work in. We must not only work individually, but collectively as a well coordinated unit to be effective. When your assignment drops, know who to help.

It is generally thought that the offensive lineman's role in pass protection must be that of passive reaction to the defender who has all the advantages. It does not necessarily have to be that way. By our method of pass protection, we can control the rusher and dictate to him the moves he can and cannot make. We will not simply set back and let him throw us around. With the proper techniques, we will be able to punish the defender as well as keep him off of our quarterback. This requires a unique blend of anticipation, determination and patience.

Stance – Feet a little wider than shoulder width apart, both feet pointed straight ahead with a stagger of toe to instep to toe to heel. Weight should be concentrated on the inside foot to keep that firm inside. On the right side, use a right handed stance, and when on the left side, use a left handed stance.



Alignment – The basic premise to individual on or off preference disregarding games are:

If your man is a good inside penetrator, be **on** the ball.
If your man is quick to the outside, be **off** the ball.
If no game and your man is head on, be **on** the ball.

The basic premise to 4-man line game preference with **on** and **off** alignments are:

1. If E-T games combined with a quick outside rush by the defensive end, both the guard and tackle should be **off**.

2. If T-E game guard can be **on** and the tackle **off**, especially if the tackle uses T.T. game, or has a good inside move from the same assignment.

3. If the defense uses combinations of both the E-T and T-E, then both should be **off**.

4. If the defensive tackle is in the G-T gap, both should be **off**.

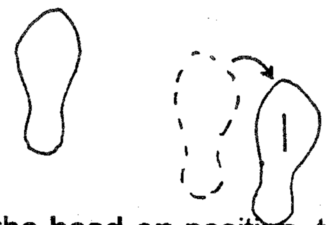
5. If both men are head on, then both can be **on**, because they will probably use an E-T game and the tackle can deny penetration of the end from the **on** position.

Setup – Perhaps the most important factor to a successful pass protection block is the setup. The faster the blocker gets to the **relative position**, the better **body position** he will have before the defender makes contact. The speed of the setup will be based on anticipation of the snap count, and practice of the correct techniques of getting out of your stance. In some stadiums where hearing the cadence is a problem, we will go from an up stance and use a silent snap count, or a hand holding technique.

The set to the **relative position** must be coordinated with the depth of the quarterback and the alignment of the defender.

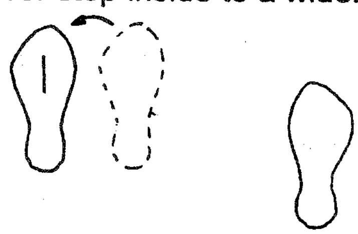
Against the head up defender, the blocker should kick to a comfortable base slightly wider than shoulder width. Keep the feet north and south with a toe-heel relationship. Raise the hands up to slightly lower than chest level with palms out and elbows in, and be ready to time the **jam**. The jam is a punch and lift motion. The closer the blocker is to the defender, the sooner the blocker can jam the defender and reach a full lockout. When in the **off** position, the hands to the chest can better be used to ward off shoulder grabs.

1. **Head Set** - Kick the outside foot to a wider base.

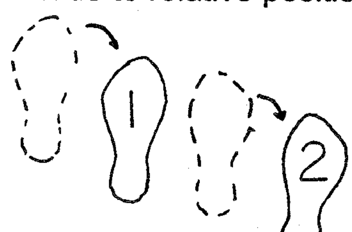


As the defender moves from the **head on** position, the blocker must now **kick step** to maintain **relative position.**

1. **Inside Set** – Power step inside to a wider base and relative position.



2. **Outside Set** – Kick and slide to relative position.

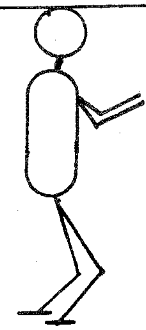


3. **Wide Outside Set** – Kick and slide as many times as needed to get to relative position.



The key to the setup is that the toe of the post foot should be pointed north and south with shoulders square to the L.O.S. On a five-step drop, try to stay square for **one and a half yards** before turning. On a seven-step drop, stay square for **three yards**.

If the defensive man stays outside, the post foot will **slide** following the **kick step**. Against a wide or outside rusher, the terminology used is normally **kick – slide – kick-slide.**



During all foot movements, keep flexion in the legs and the upper body up (show the numbers), in order to not get over-extended and lose a balanced position.

Movement after Setup – After taking a set on a man in a head up alignment, the defender will either move in, out, or straight ahead. The blocker's feet must adjust according to the movement of the defender. We will use power steps inside and kick steps outside to maintain **relative position**. When moving laterally, always maintain a wide base and never get caught with both feet in the air. If your man is taking the inside as a steady diet, you should be in the on position, for you can stop penetration by being closer to your man. If you are in the off position, you are softer and more vulnerable for penetration. The same premise is true versus a **bull rusher**.

The **power step** to the inside is executed by jamming the ball of the post foot into the ground hard. The blocker must learn how to power step, not gaining any ground forward. The blocker may have to **power step**, then sliding the set foot, then power stepping again while the hands are jamming. You must drive the **power step** just as you drive the set. If the post foot drops rather than power steps, this is bailing out to the inside, creating a soft shoulder and thus, a direct route to the quarterback.

Target – The target should be the smallest visual point on your opponent that will give you the best read as to his movement. The target used will be based on the protection scheme or your opponent's predetermined best move. We will refer to your target as being inside, outside or middle. If you can zero in on a small target, you will not watch the big picture and be influenced by fake movements, such as head, shoulders, and arms.

General Fundamentals

1. While in stance, think weight on inside foot, push off with power hand to avoid false step.
2. Maintain flexion in knees and ankles, not in waist. Show numbers.
3. The center can lock out in a 50 defense, for the nose is generally in his face early.
4. When one man gets grabbed, call "grab" and push off.
5. When your man freezes or dances, look to the next man for a penetrator.
6. Keep kicking the set foot on contact when working outside, so you do not get the outside foot up. Jam off the inside foot.
7. Know opponent, the defensive front, and entire blocking scheme.

8. Carry hands at chest to shoulder level and be ready to jam out and up, not just out. Look for swats and grabs.
9. Have patience … overanxiousness is perhaps the pass protector's biggest problem.
10. Know where the throwing point is.
11. Don't lose poise.
12. Number one key to the outside set is … **Don't lean outside**.

CENTER FUNDAMENTALS

The Center must be the leader of the offensive line. The majority of the line calls are to be made by the center, and to do this, he must first have a clear understanding of the concept of the plays that we will use. He must know the assignments and adjustments of all the offensive positions. He must be able to recognize and call out the defensive fronts and be able to quickly determine which calls to make to gain the best blocking angles. The center must also be quick and consistent. Work to improve your quickness in every drill. Our whole emphasis will be to establish consistent, high quality performance and everything must start with the center. You are in charge of the huddle until the quarterback steps in. When breaking the huddle, get to the line quickly so everyone else can align on you.

1. **Stance**

   A. The feet should be as even as possible to enable stepping first with either foot. Both feet should be spread wider than the shoulders and pointing straight ahead.

   B. The knees should be comfortably spread and flexed slightly.

   C. The **hips** are as high as possible while still allowing you to be able to charge forward. Keep your back parallel to the ground.

   D. Have your head up. Be able to scan and recognize the defense for proper calls. Don't tip your block with your eyes.

   E. If you use one hand to snap, rest the forearm of your free arm on your knee. You may use two hands on the ball if you wish.

   F. Your weight should be **balanced** on the balls of both feet (little or no weight on the ball). Be able to move laterally to either side or forward or backward without cheating or tipping your stance.

2. **The Ball**

   A. **Position** – The ball should be positioned slightly to the right and forward of your head. Extending the ball in front of you will give you better cutoff angles, because the defenders will not be as close to you or your teammates.

   B. **Laces** – The ball should be held with the laces up and the needle valve in the palm of your hand, or by the quarterback's preference.

3. **Snapping Arm and Hand**

   A. the arm should be extended by not strained (never bent).

   B. Fork the front part of the ball with the thumb and forefinger, keeping your wrist straight. The thumb should be against the far lace on the ball.

4. **Exchange**

   A. **Count** – Listen to the quarterback. Do not anticipate the count. Snapping the ball early penalizes the rest of the offensive team by giving the defense the advantage. Pass the ball on the "Hut".

   B. **Snap** – Lift the ball directly into the quarterback's hand bending your elbow only slightly. The action should be one quick movement.

   C. The position of the ball is at a 45-degree angle in the crotch. Make no effort to turn the ball as it will turn naturally.

   D. Make the ball slap against the quarterback's hand. Hold onto the ball until it hits the quarterback's hand. Hear the pop. Never throw the ball up to the quarterback.

   E. Be stepping to your assignment as the ball leaves the ground. Drive from your stance on the "Hut". All of this is one movement; the smack of the ball and the moving of your foot as you hear the "Hut".

5. **Making Calls**

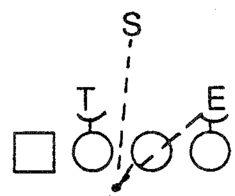
   A. Make the calls loud and clear. Repeat them if necessary. Identify the defense as quickly as possible to allow your teammates to make their own adjustments. Make enough false calls so that the defense cannot key in on your calls.

   B. On first or second sound cadences, make the calls before the linemen are set on the line of scrimmage.

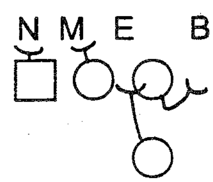
   C. Never make calls without first seeing the alignment of the defense.

PASS PROTECTION CALLS

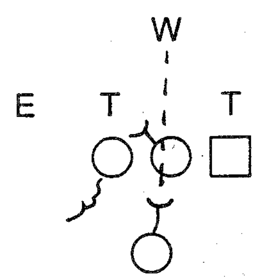
1. **"Hang"** – A TE call used to indicate that he is staying in to block. The guard and tackle could both be affected by the call.



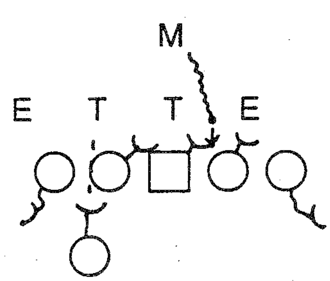
3. **"Hard"** – A guard call that tells the back that he will trade blocking responsibilities if his backer aligns in the A gap. **No** hard call when in gun.

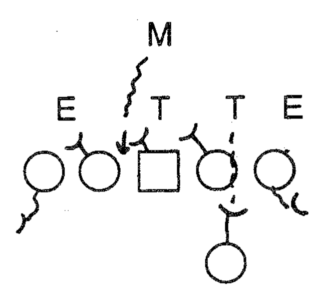


3. **"Fan"** – A tackle call that tells the back to take the bubble backer, while the guard and tackle fan, to the 1st and 2nd man on the line of scrimmage.

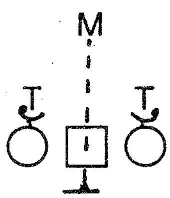


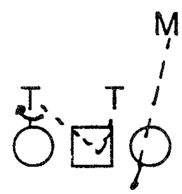
4. **"Hard RT/LT"** – A call by the Center that tells the Back to trade responsibilities with the Guard. The Guard will block the Nose and the Center will block the Linebacker.

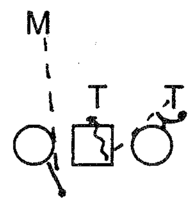




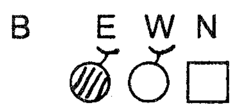
5. **"Solid"** – A center or quarterback call that indicates that the center and two guards are blocking all area. The line sets will depend on the defensive alignment. The quarterback could make the call when blocking 80-85 protection and the "Sub" backer aligns in the middle.



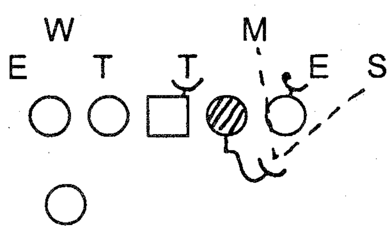


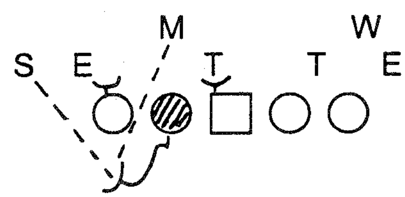


6. **"Sift"** – A guard call that tells the tackle to block inside.

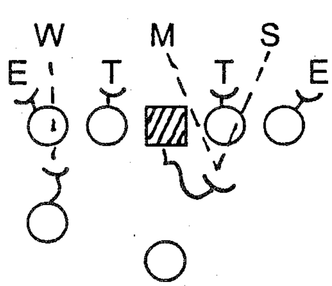


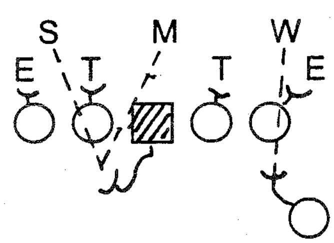
7. **"Gone"** – A call by the Guard that indicates he is vacating the L.O.S. to Dual/Double Read



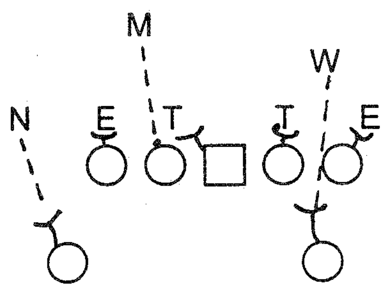


8. **"Even"** – A call by the Center that indicates that he is vacating the L.O.S. to Dual Read. Used when Scat/Scram Protecting.

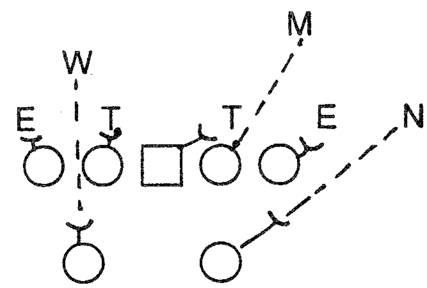




9. **"Louie/Roger"** – A quarterback call or Center call that directs the offensive line to the first defender off the ball to the right or left. This call is used in Nickel situations..



"Louie"

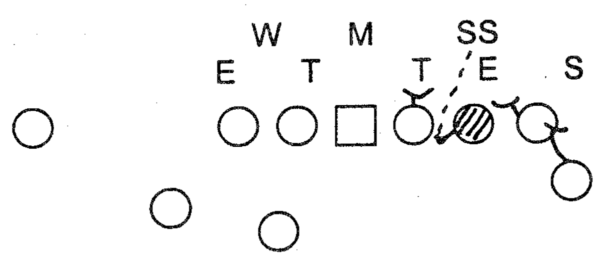


"Roger"

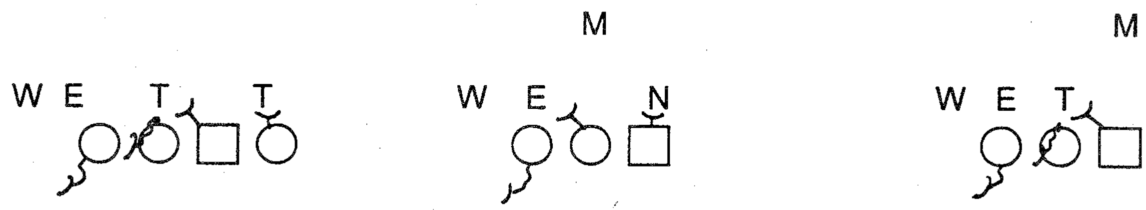
10. **"5 Down"** – A Center call that indicates that both guards and the center are covered. We will block five-on-five versus this alignment.



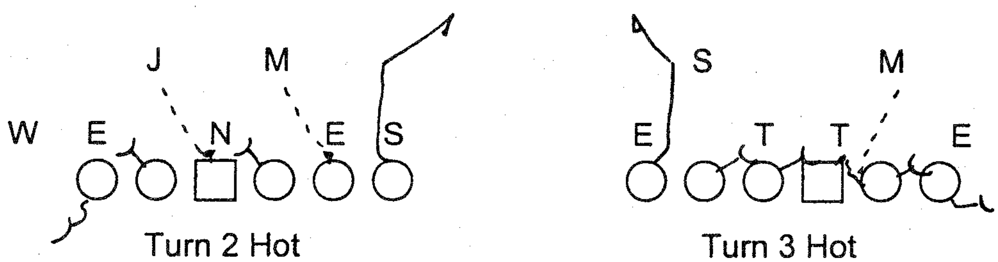
11. **"Swoop"** – A call that tells "F" to block the 1st man inside when there are four defenders inside the TE. Used when Otto and Smoke protecting



12. **"Backer"** – An alert call by the tackle telling the guard and center to slide to Will.



13. **"Turn Hot"** – A protection that tells the offensive line to make a "full turn" starting with the tackle. Each lineman is responsible for the gap to the called side.



14. **"Sort"** – A term that describes to the sliding portion of the line that they are area blocking A, B, and C gaps. Used in Scats and Scrams.



OFFENSIVE LINE
PASS PROTECTON TERMINOLOGY

Area – A pass protection term meaning you and your adjacent linemen have whoever comes into your area. You will "switch" any games with the lineman next to you.

Bailing Out – Dropping the inside or outside foot, which turns the blocker's shoulders (soft shoulder), and enables the rusher to take a direct route to the quarterback.

Beat around the Corner – When the rusher gets past the blocker to the outside. Bailing out to the outside, giving a "soft shoulder" and using poor relative position usually causes this.

Big – A pass protection term pertaining to tackles, meaning your responsibility is the man on you, or if uncovered, the first man outside.

Body Position – The position assumed in the set. "Flexion" in the knees, weight on the balls of the feet, head up showing the numbers, and toe to heel stagger with hands at the numbers. A position of balance.

Bubble – A term that indicates that a linebacker is across from you. You are uncovered.

Bump – The solid collision two blockers should feel when they switch men on twists.

Counter Hand – Usually the outside hand held at eye level to counter the outside shoulder swats.

Covered – A term to indicate that the offensive lineman has a defensive man in front of him on the L.O.S.

Fan – A pass protection term that tells the guard and tackle to block the first and second man on the line respectively.

Force the Switch – When the blocker recognizes the stunt because his man loops. He must force the collision with the defensive penetration. Don't wait to feel the bump, "force the switch".

Grab – A call used by a blocker when the rusher grabs him and stops any switch by the blockers. When you "grab", push off your own man and look for the looping rusher.

Hang – A pass protection term that indicates the tight end is blocking the man over him. He may release if his man drops.

Pass Protection Terminology (Cont'd.)

Head Set (2 or 5 Technique) – Guard or tackle would take this set if the defender were in a head up position. This would be a 2 set for the guard, or a 5 set for the tackle. Also take a head set on a tight 3 for the guard, and a tight 6 for the tackle.

High Fire – A protection term to indicate an aggressive setup technique. Stay up and put hat and hand on the target. "Explode" with your eyes and lock after contact. Used with 90 protection.

Hopping – When the inside foot moves before the outside foot hits the ground.

Inside Set – The guard or tackle would take this set if the defender were aligned on the inside shade. To stop penetration to the inside, we would "power step" inside the weight on the forward leg. Be ready to "jam" with your inside arm.

Jam – The strike, punch or contact phase of the block. Hold the hands slightly lower than chest level and jam up through the defender's chest.

Kick Step – Movement of the outside foot or set foot to "relative" position. Usually over and back to get half of the man if the defender is in an outside shade.

Lean Over Extended – When the upper body tips forward and the blocker can no longer move laterally or vertically because of the forward momentum. Right this problem by "sitting down" and "showing the numbers".

Level – A pass protection term that tells an uncovered lineman to get even with adjacent linemen after checking his original responsibility.

Lock Out – One or both hands immediately lock and stiffen to keep distance from the rusher. If the blocker locks out too soon, he will lose power and the defender could swat the arm or arms and penetrate.

Loop – When a defender circles back of the defensive line of scrimmage to allow another defensive lineman to penetrate.

Man – A pass protection term meaning you have your man by yourself. The opposite of area.

Off – The blocker aligns off the line of scrimmage, usually with the top of the helmet, just inside the center's number. Generally used on a wide fast rusher.

On – The blocker crowding the line of scrimmage, but not breaking the plane of the back of the ball.

Outside Set – The guard or tackle would take this set if the defender was aligned in the outside position (3 for guards, or 6 for tackles).

Pass Protection Terminology (Cont'd.)

Post Foot – The inside foot when pass protecting. Keep foot north and south, and do not transfer too much weight off of it.

Post Knee – The knee of the inside or post foot must be bent with power or the blocker will be back on the heel of the post foot and lose power.

Power Step – Usually pounding the post foot into the ground while moving laterally to defeat an inside move or slant. Drive the ball off the foot up and hard into the ground. Do not kick the heel up and back over stride.

Reset – After reaching relative position, keep separation by moving backward away from defender.

Relative Position – The position assumed by the blocker between the rusher and the throwing point. The position is continually changing as the defender changes his rush lane.

Set Foot – The foot that moves in place or moves over and back. Generally the outside foot.

Show the Numbers – Holding the upper body up so the opponent can see the blocker's numbers, thus preventing leaning or tipping forward.

Sit Down – A term used primarily when getting grabbed. Lower your center of gravity by using more flexion in your legs (not at your waist). Continue to show our numbers, and use correct stagger with weight on the balls of your feet.

Slide – Term used to describe the dragging of the inside foot back to the proper base after the kick step: "Kick and Slide". Keep north and south with the post foot, and do not transfer too much weight off that foot.

Soft Shoulder – When a blocker bails out to the outside or inside, he gives the defender a "soft shoulder" or easy route to the quarterback.

Target – Point of eye focus to help in keeping proper relationship on the rusher. Generally, the smallest inside target on the rusher's jersey.

Tuff – When a linebacker walks up on the line of scrimmage.

Turn – A pass protection term that tells the line to aggressively block whomever shows in the first gap away from the call.

Pass Protection Terminology (Cont'd.)

Uncovered – A term meaning no one is aligned on the line of scrimmage across from you.

Wide Outside Set – This position is one set wider than a regular outside set. Usually only seen for the tackle. The tackle must align in an "off" position and kick step twice between reaching half the man. If the defender comes inside, then the blocker must bring the set foot back to the outside set before power stepping inside.

TYPES OF PERSONNEL

Regular	2 Running Backs, 1 Tight End, 2 Wide Receivers
2 Tights	2 Running Backs, 2 Tight Ends, 1 Wide Receiver
Deuce	1 Running Back, 2 Tight Ends, 2 Wide Receivers
3 Tights	1 Running Back, 3 Tight Ends, 1 Wide Receiver
3 Wides	2 Running Backs, 0 Tight Ends, 3 Wide Receivers
Nickel	1 Running Back, 1 Tight End, 3 Wide Receivers
Diamond	1st Down Back, 1 Tight End, 3 Wide Receivers
4 Wides	1 Running Back, 0 Tight Ends, 4 Wide Receivers
Goal Line	2 Running Backs, 3 Tight Ends, 0 Wide Receivers

FORMATIONS

1 BACK SETS

All 1 Back sets begin with specific letters which designate what type of formation they will become. They begin with the letters D, T and F.

All "D" Formations are Double Sets:

a) Deuce
b) Dual
c) Double

All "T" Formations are Triple Sets: 3 X 1

a) Twins
b) Trojan
c) Tex
d) Trips
e) Triple

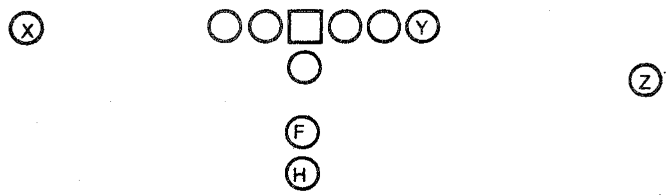
All "F" Formations are one back slot formations:

a) Flank
b) Flex
c) Flood

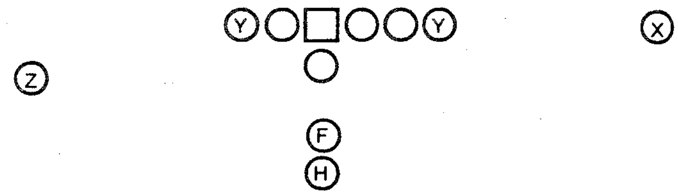
NOTE: All 1 Back Sets , the Backs will always be (F) Fullback, and (H) Halfback.
C.P.: No matter where they align.

EXAMPLES OF "I" FORMATIONS

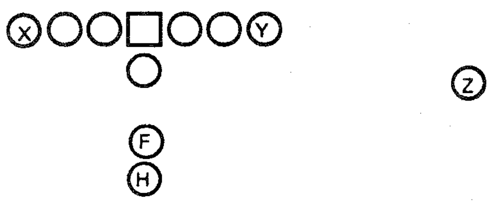
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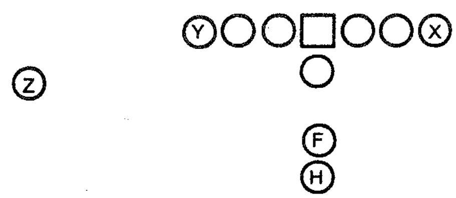
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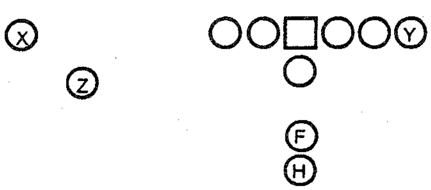
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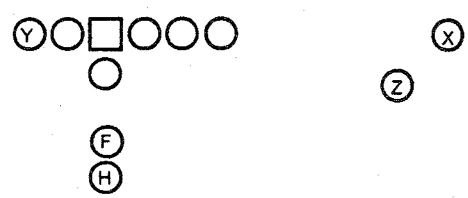
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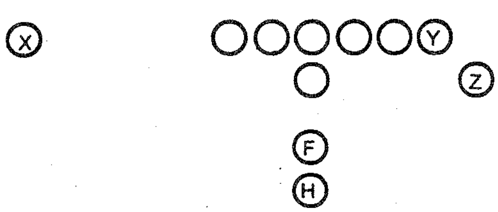
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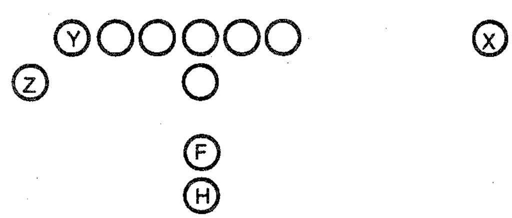
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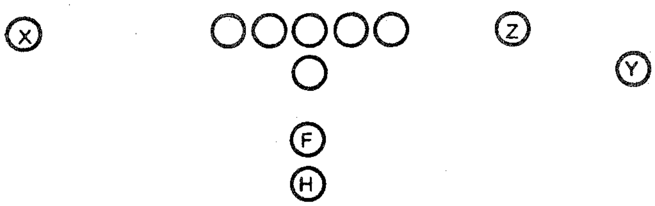


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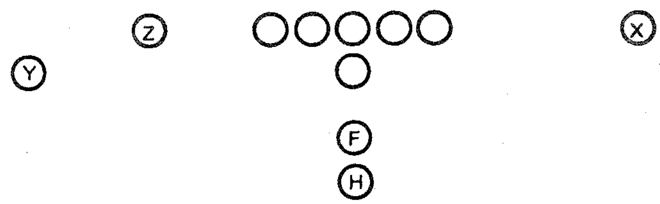


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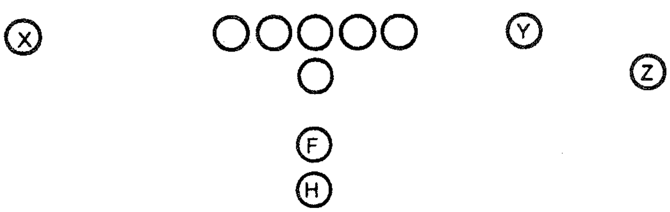
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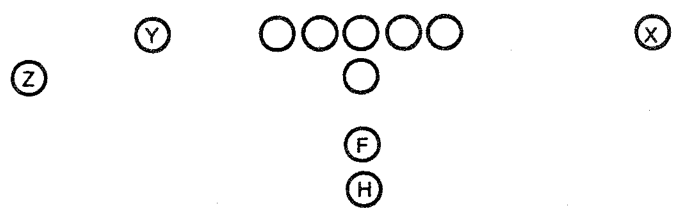
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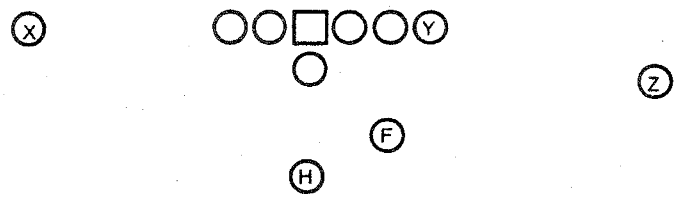


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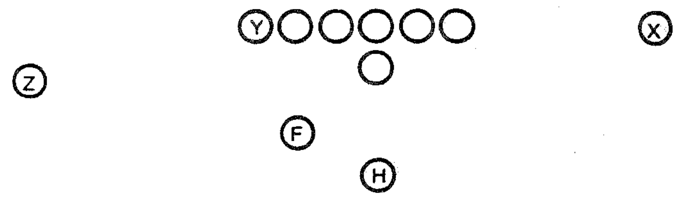


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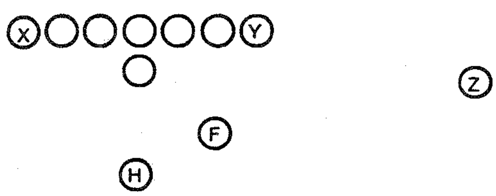
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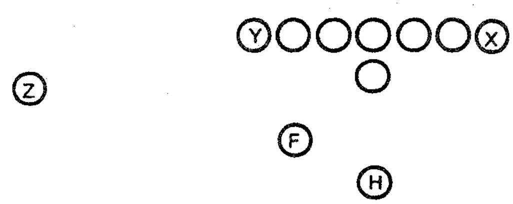
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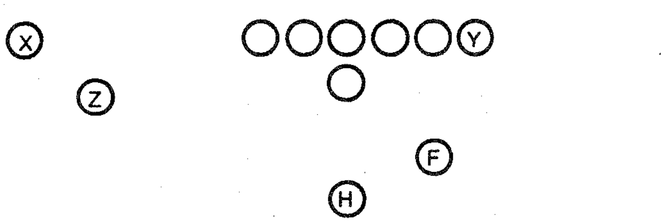
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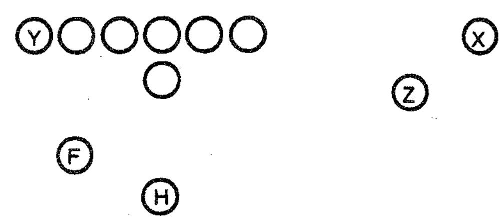
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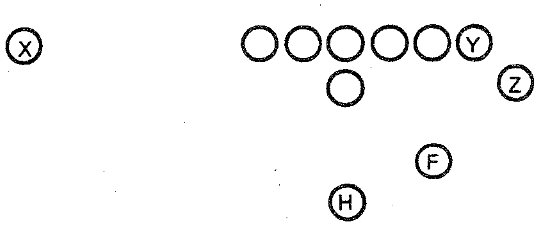
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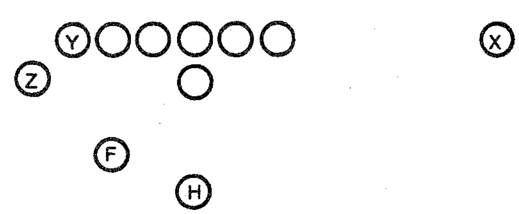
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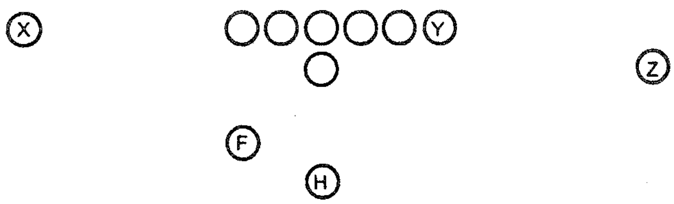


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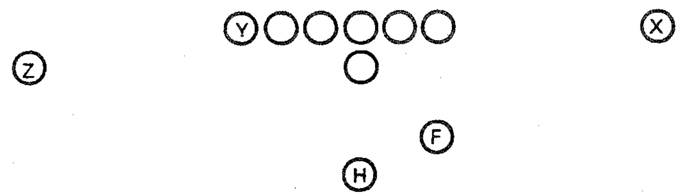


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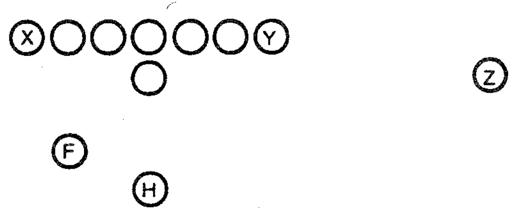
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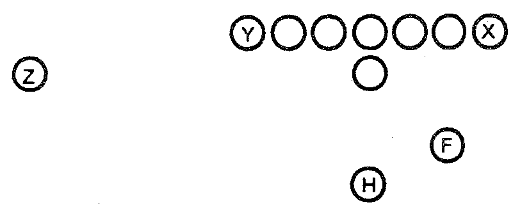
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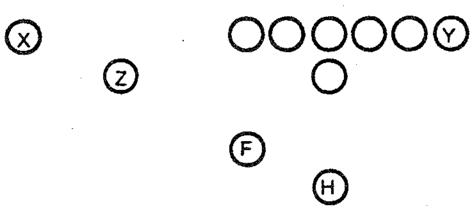
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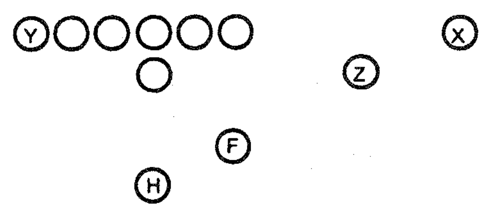
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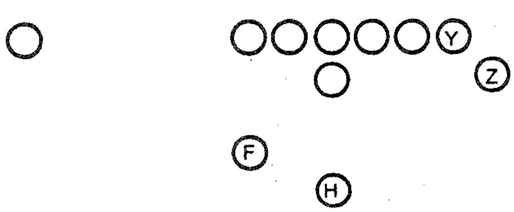
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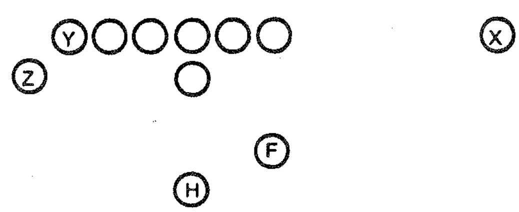
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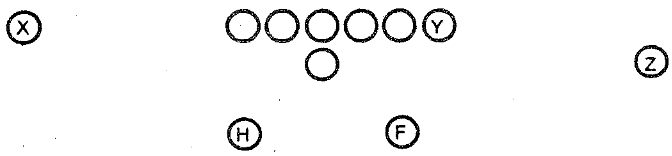


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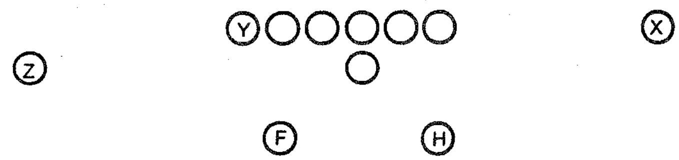


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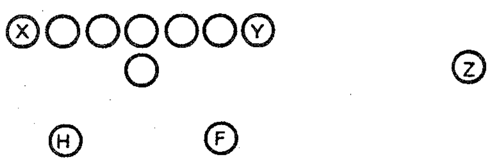
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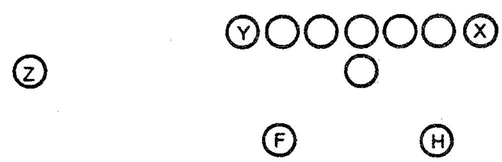
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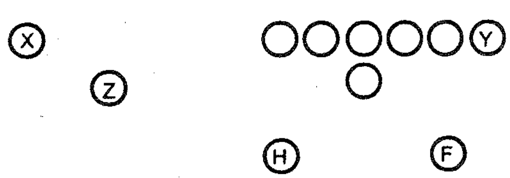
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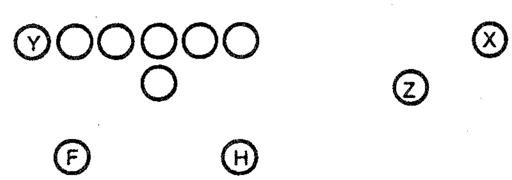
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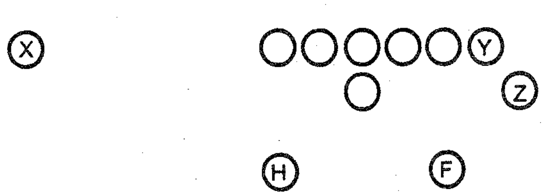
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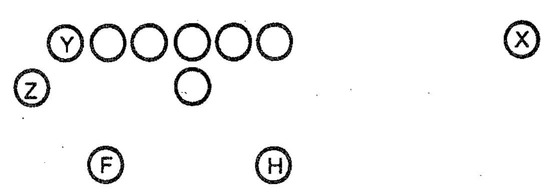
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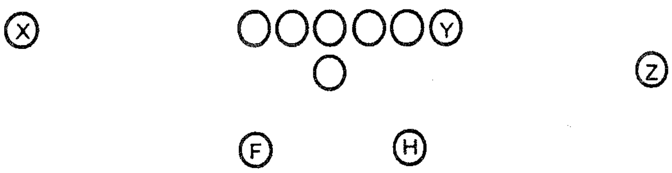


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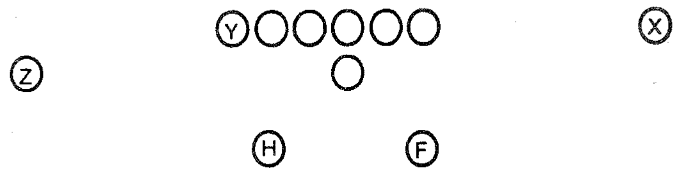


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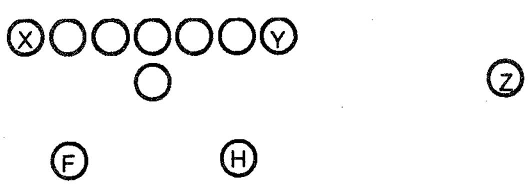
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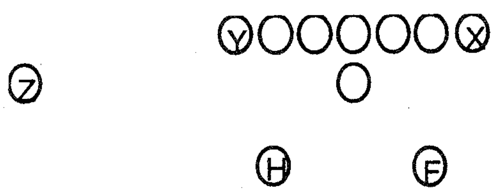
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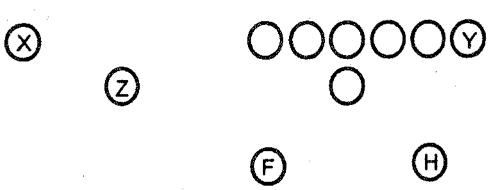
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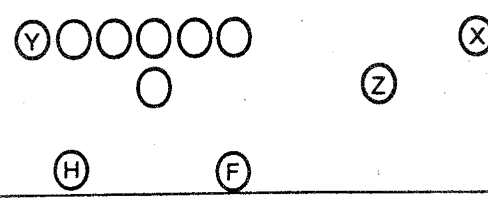
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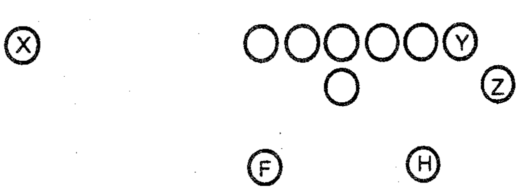
FULL RIGHT SLOT



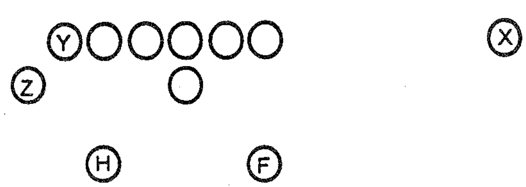
FULL LEFT SLOT



FULL RIGHT WING

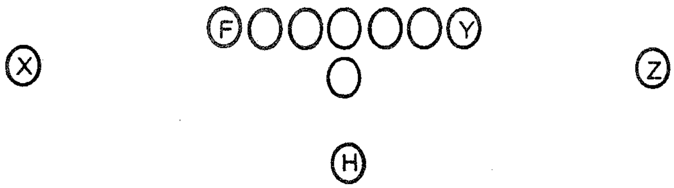


FULL LEFT WING

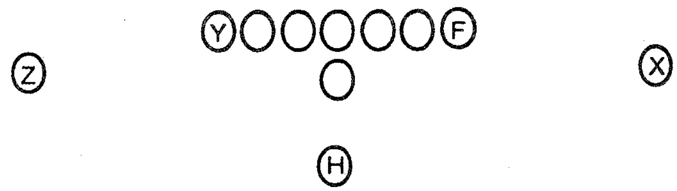


EXAMPLES OF 1 BACK SETS – "D" FORMATIONS

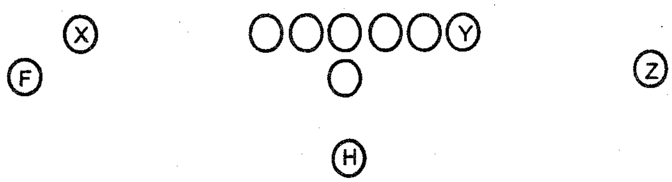
DEUCE RIGHT *Ace*



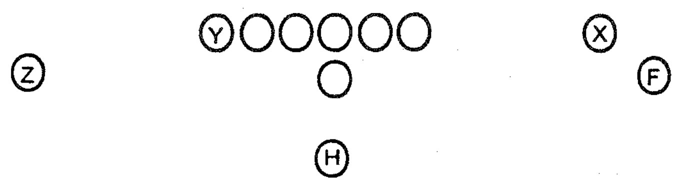
DEUCE LEFT *Ace*



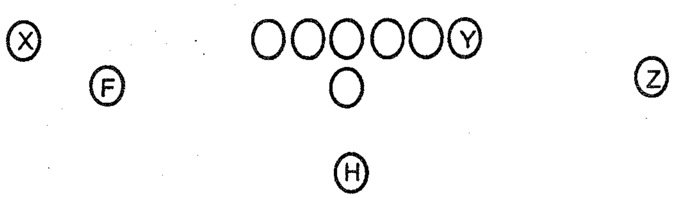
DUAL RIGHT *Deuce w/F out X*



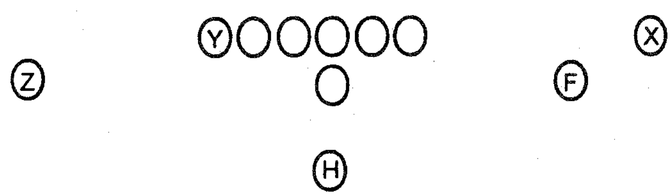
DUAL LEFT *Deuce w/F outside Y*



DOUBLE RIGHT *Deuce Rt*

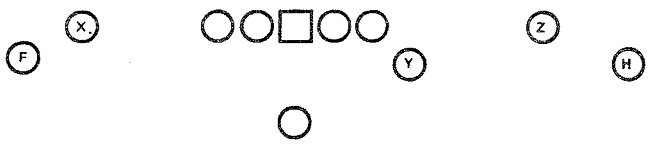


DOUBLE LEFT *Deuce Lt*

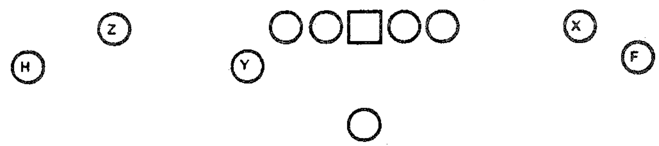


EXAMPLES OF 1 BACK SETS – "D" FORMATIONS CONT.

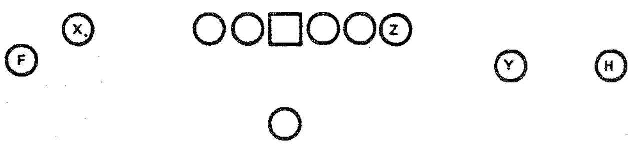
DART RIGHT



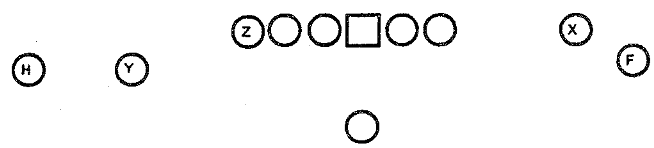
DART LEFT



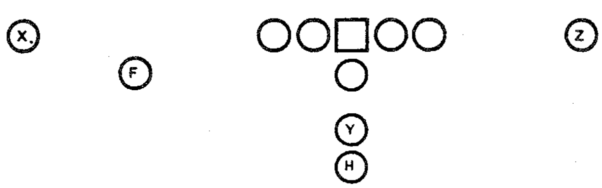
DART RIGHT CHANGE



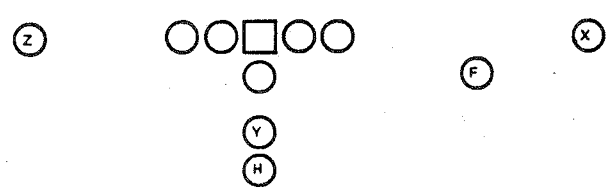
DART LEFT CHANGE



DOC RIGHT

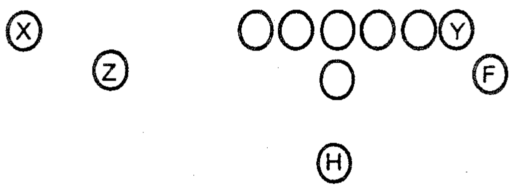


DOC LEFT

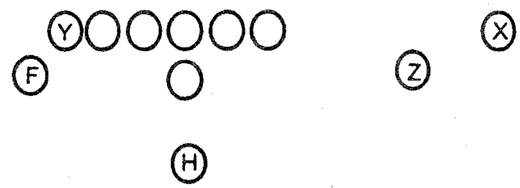


EXAMPLES OF 1 BACK SETS – "F" FORMATIONS

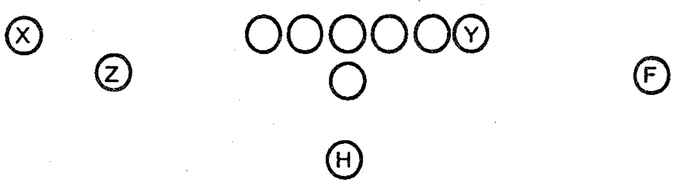
FLANK RIGHT



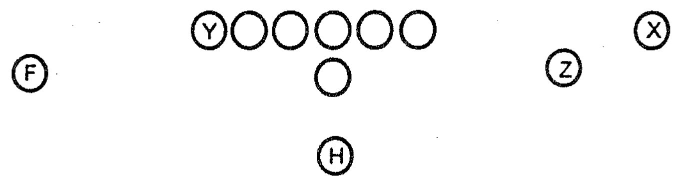
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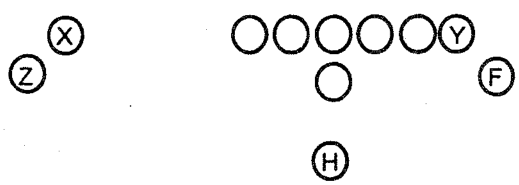
FLEX RIGHT



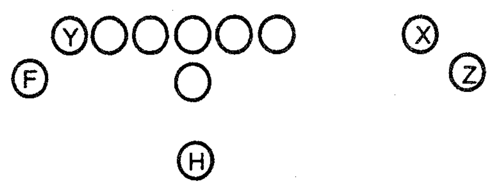
FLEX LEFT



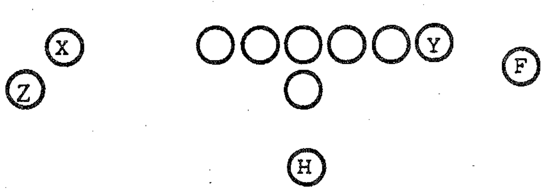
FLOAT RT



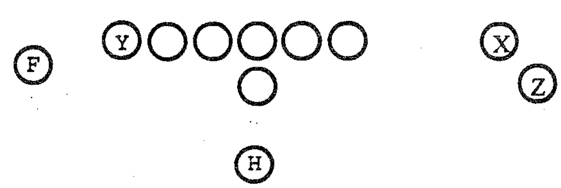
FLOAT LT



FLEET RIGHT

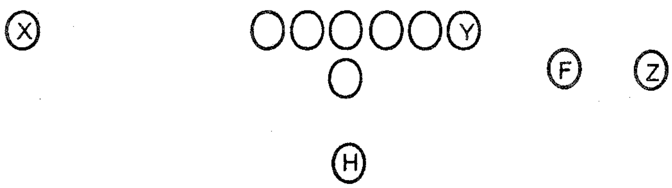


FLEET LEFT

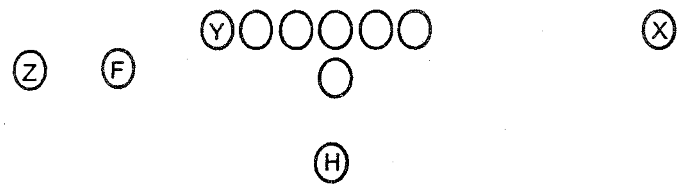


EXAMPLES OF 1 BACK SETS – "T" FORMATIONS

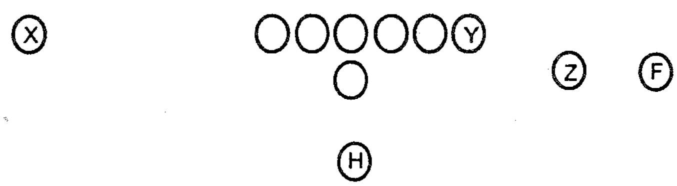
TWINS RIGHT



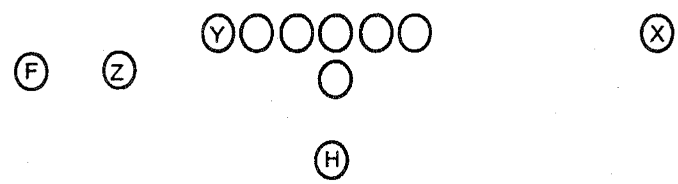
TWINS LEFT



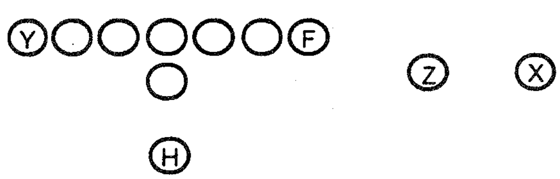
TROJAN RIGHT



TROJAN LEFT



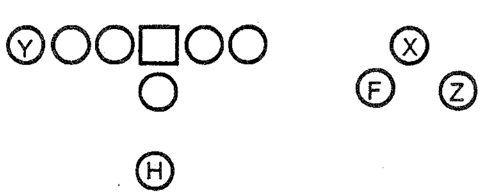
TEX RIGHT



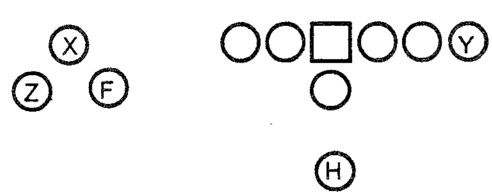
TEX LEFT



TEXAS RIGHT

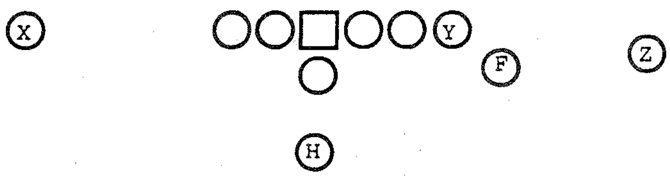


TEXAS LEFT

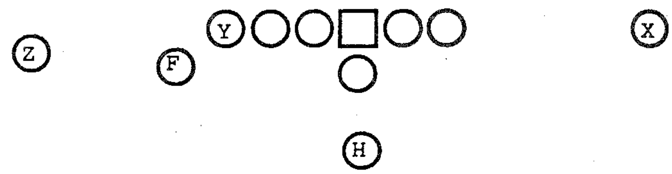


EXAMPLES OF 1 BACK SETS – "T" FORMATIONS

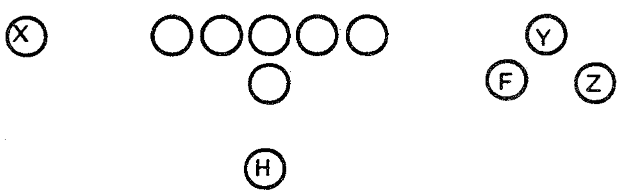
TRIPS RIGHT



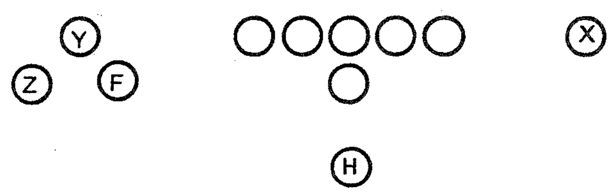
TRIPS LEFT



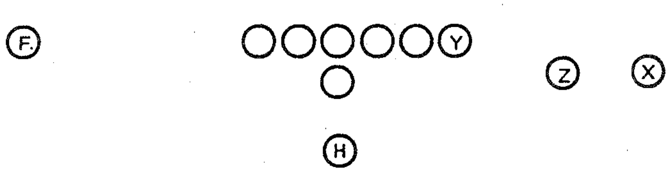
TRIPLE RIGHT



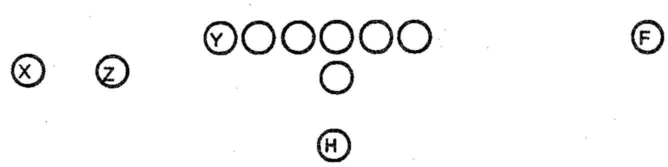
TRIPLE LEFT



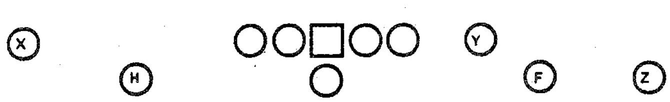
TIGER RIGHT



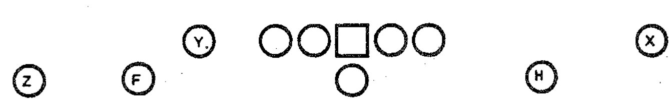
TIGER LEFT



TRIGGER RT

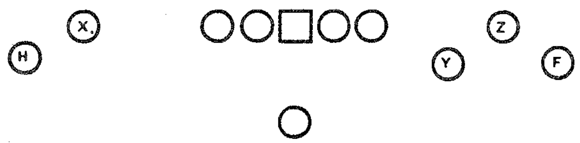


TRIGGER LT

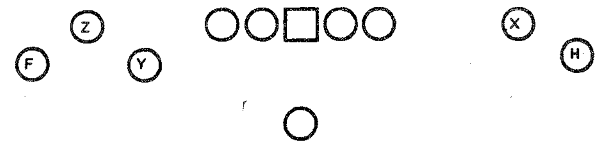


ADDITIONAL FORMATIONS

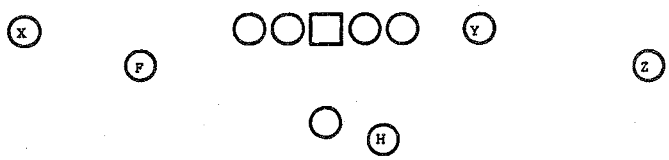
SPREAD RIGHT



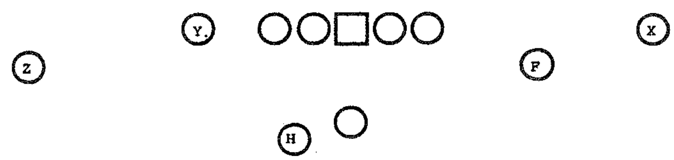
SPREAD LEFT



ROCKET



LASER



MOVEMENT AND SHIFTS

MOVEMENT

Movement is very important to our total offensive system. There are several reasons for movement in our offense; amount the most prominent reasons are:

1. To create a personnel advantage by creating coverage mismatches on our Receivers or Backs.

2. To create a personnel advantage by effecting changes in run support and force responsibilities.

3. To create secondary movement in an effort to better enable our Quarterbacks to recognize coverages.

4. To get our personnel in better position to execute their given assignment.

5. To create problems for the defense in Man Under coverages when attempting to hold or bump receivers at the line of scrimmage.

6. To create an opportunity for indecision, confusion, and/or misalignment by the secondary.

7. To cause movement on the part of the defense in an effort to realign their personnel with the coverage calls and changes, and not allow them to set themselves and react to familiar offensive patterns. Make the defense play "on the move".

8. To force the opponent to spend practice time and effort on adjusting to movement patterns rather than improving defensive skills and schemes.

9. To present a visual complexity to the defense, yet be able to run the same basic plays from a variety of looks.

THE FOLLOWING ARE BASIC MOVEMENTS IN OUR OFFENSIVE SCHEME

Backfield Movement:

1.	Jet	Long movement by a back toward the single receiver side (WR must adjust split to no wider than 7 yards).
2.	Jam	Short movement by a back toward the single receiver side.
3.	Motion	Short movement by a back toward the two receiver side.
4.	Buzz	Long movement by a back toward the two receiver side (WR must adjust split to no wider than 7 yards).
5.	Orbit	Retrace movement.

Z Movement:

1.	Zoom	Movement across the formation.
2.	Zip	Short movement toward the formation.
3.	Z Orbit	Retrace movement.
4.	Zap	Movement to slot across formation and hold off at Tackle position.
5.	FK Zap	Movement in slot and hold off at Tackle position.
6.	Zing	Movement from slot across formation and hold off outside Tight End.

X Movement:

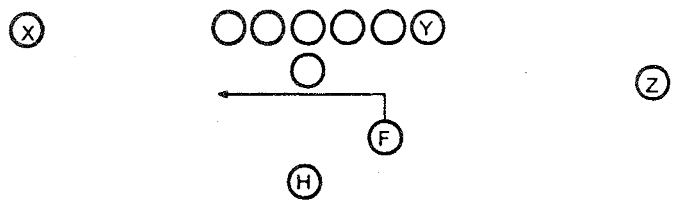
1.	Sail	Movement across the formation
2.	Slip	Short movement toward the formation
3.	X Orbit	Retrace movement

Tight End Movement:

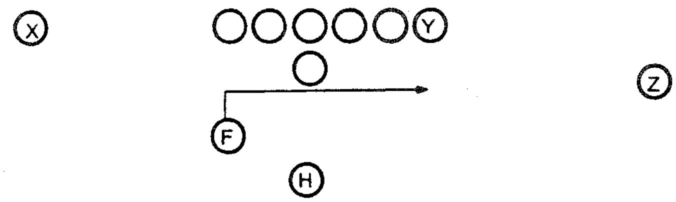
1.	Fly	Movement across the formation
2.	Y Orbit	Retrace movement
3.	Yo	Short movement towards formation

EXAMPLES OF BACKFIELD MOVEMENT

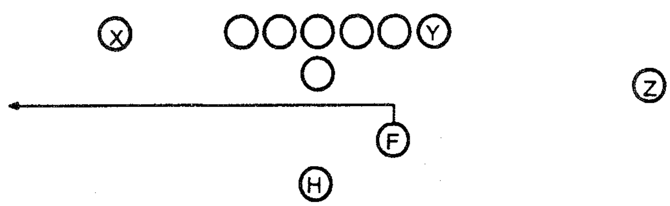
NEAR RIGHT JAM



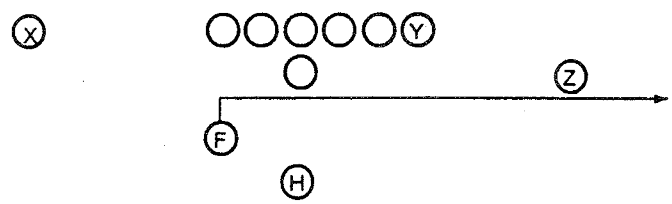
FAR RIGHT MOTION



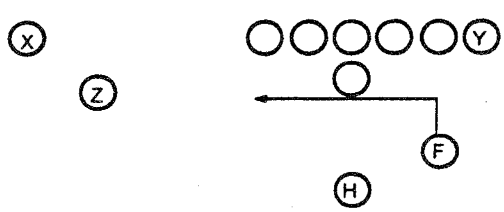
NEAR RIGHT JET



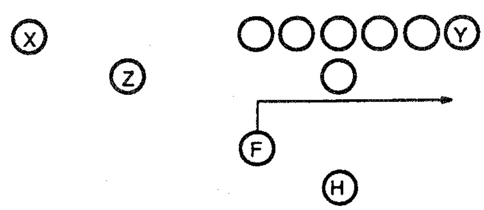
FAR RIGHT BUZZ



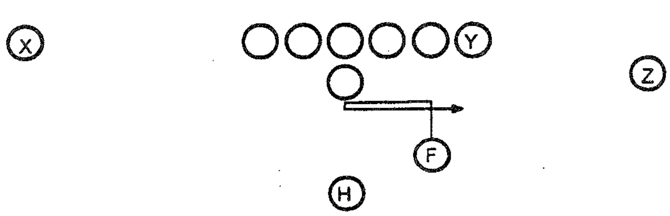
NEAR RIGHT SLOT MOTION



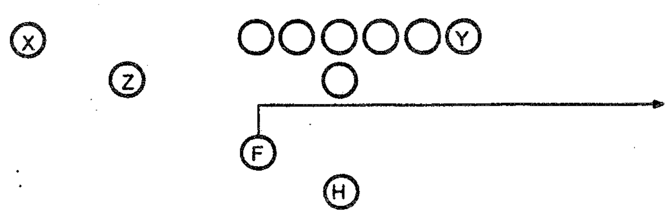
FAR RIGHT SLOT JAM



NEAR RIGHT ORBIT

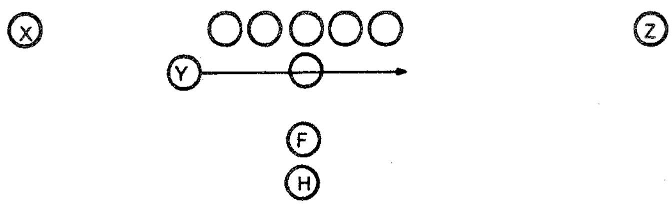


FAR RIGHT SLOT JET

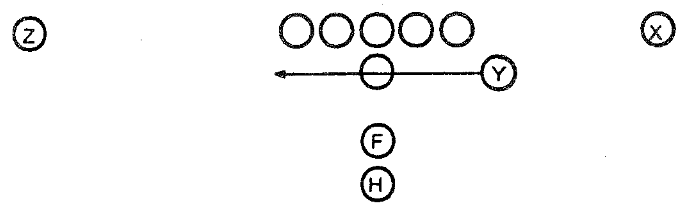


EXAMPLES OF TIGHT END MOVEMENT

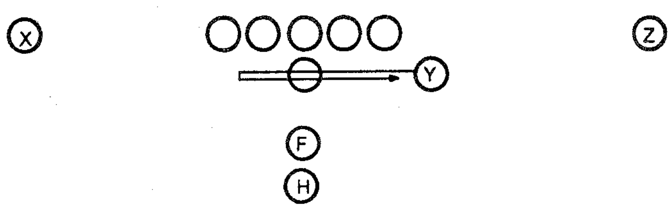
I RIGHT FLY



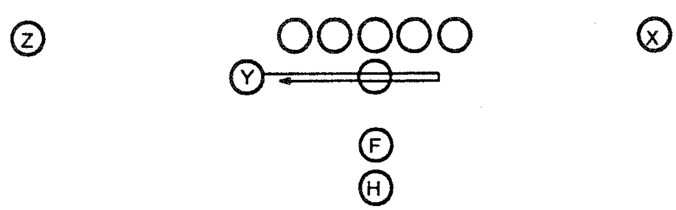
I LEFT FLY



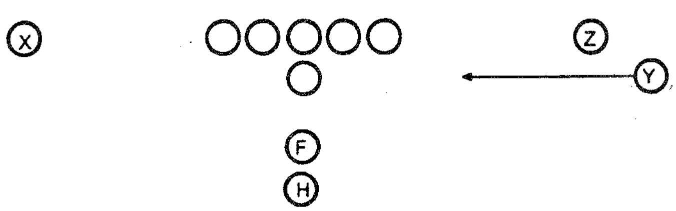
I RIGHT Y ORBIT



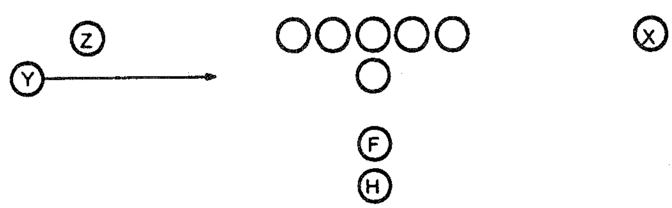
I LEFT Y ORBIT



I RIGHT YO

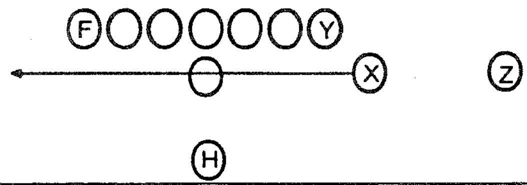


I LEFT YO

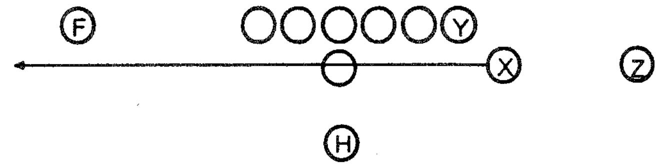


EXAMPLES OF "X" MOVEMENT

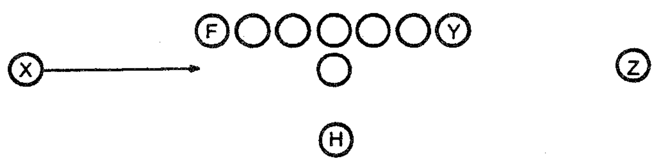
DEUCE RIGHT SAIL



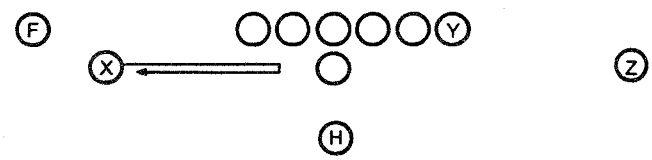
DUAL RIGHT SAIL



DEUCE RIGHT SLIP

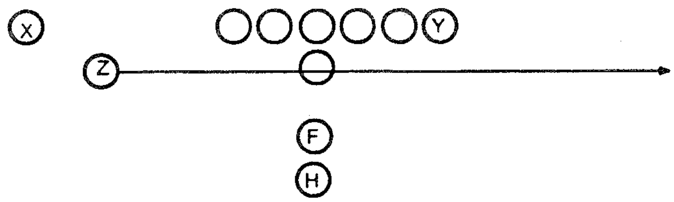


DUAL RIGHT X ORBIT

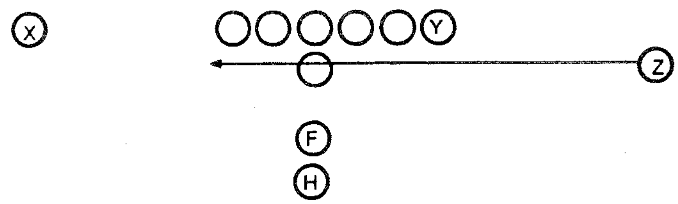


EXAMPLES OF "Z" MOVEMENT

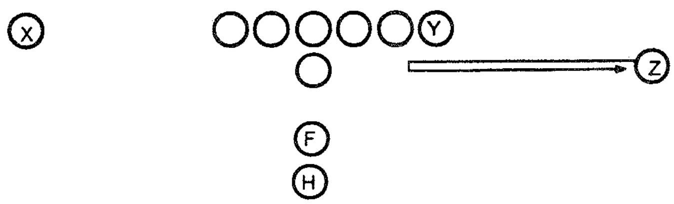
I RIGHT ZOOM



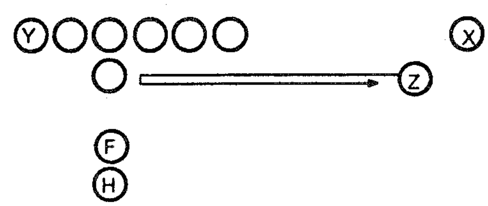
I RIGHT SLOT ZOOM



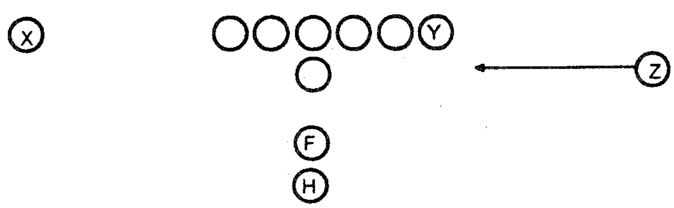
I RIGHT Z ORBIT



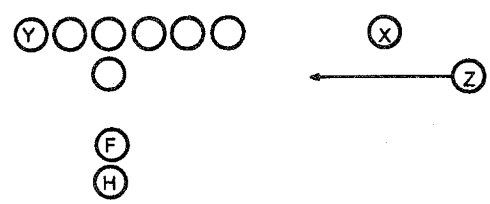
I LEFT SLOT Z ORBIT



I RIGHT ZIP

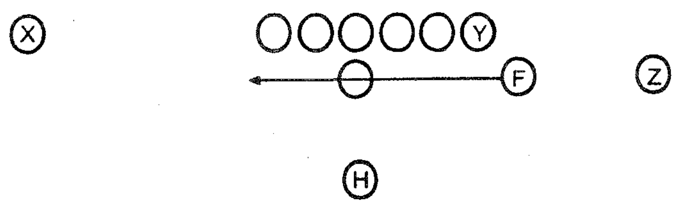


I LEFT SLOT ZIP

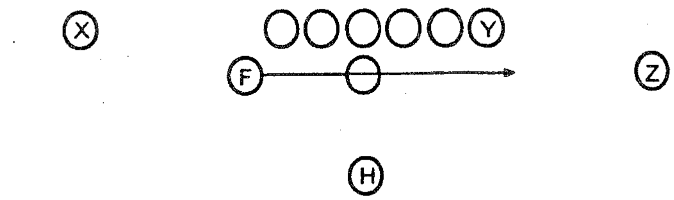


EXAMPLES OF "F" MOVEMENT

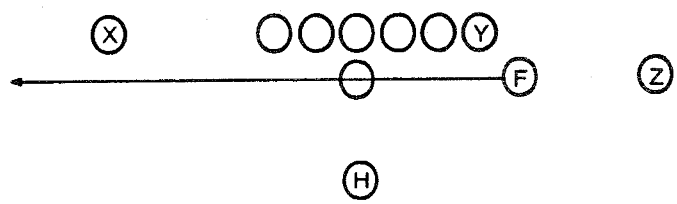
DEUCE RIGHT JAM



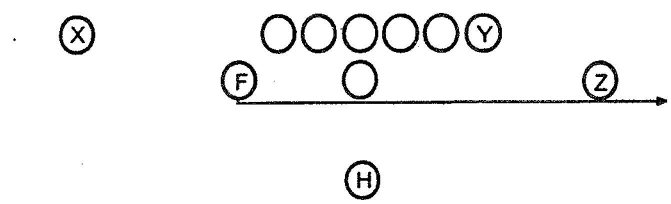
TWINS RIGHT MOTION



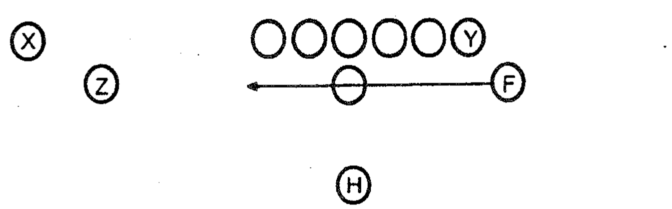
DUAL RIGHT JET



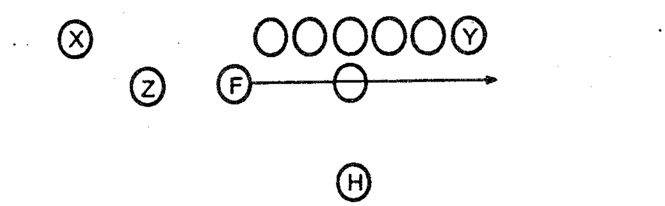
TROJAN RIGHT BUZZ



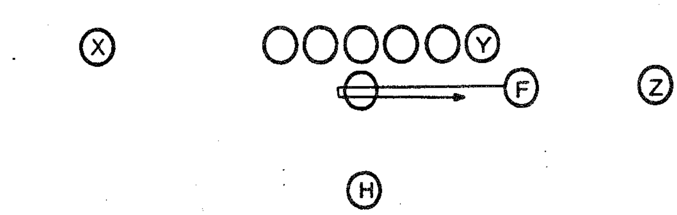
TEX LEFT MOTION



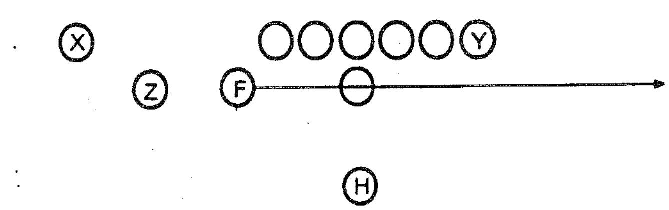
FLANK RIGHT JAM



TWINS RIGHT ORBIT

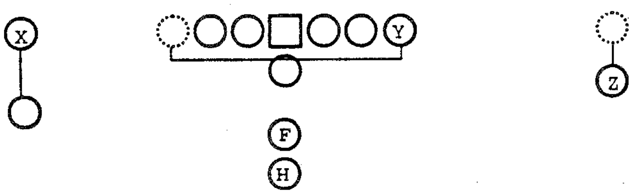


FLEX RIGHT JET



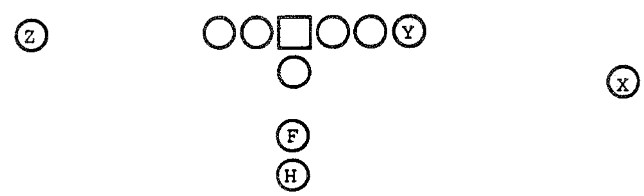
SHIFT: TE always opposite the formation called, on the "Ready" call he shifts to the formation called.

EXAMPLE: SHIFT TO I RT



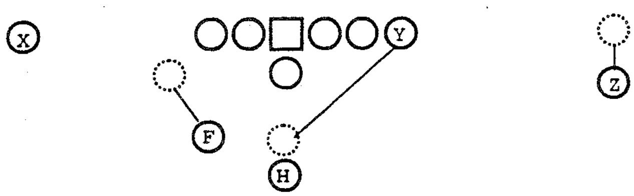
SWITCH: Puts X&Z on the opposite sides of their normal alignment

EXAMPLE: I RT SWITCH



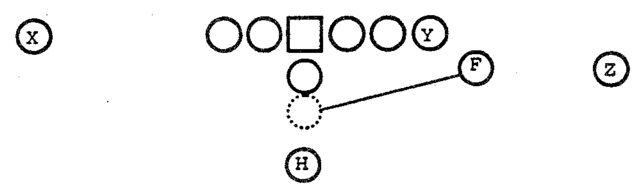
POP: Y aligns as Fullback in I formation and F aligns in double formation (opposite the formation call). On the "Ready" call they shift to the formation called.

EXAMPLE: POP TO FAR RIGHT



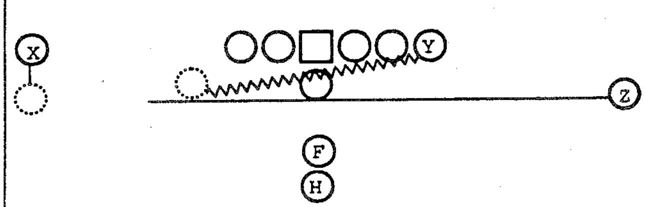
STEM: A Shift by F. F aligns on his side of the formation called on Ready e shifts to the formation called.

EXAMPLE STEM TO TRIPS RT



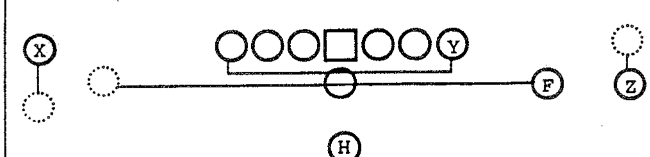
HUSTLE: Y aligns off the ball opposite the call. Y on the QB's heel fakes Fly motion and then aligns on the ball to the formation call. Backs align in the formation called. Double cadence. (Set White 20, White 20 Set Blue 88 Blue 88, Hut, Hut)

EXAMPLE: HUSTLE TO I RT SLOT ZOOM



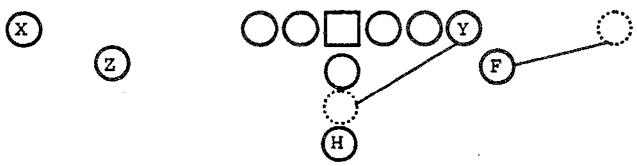
SHOP: Y & F cross the formation into the formation called.

EXAMPLE: SHOP TO TWINS RT



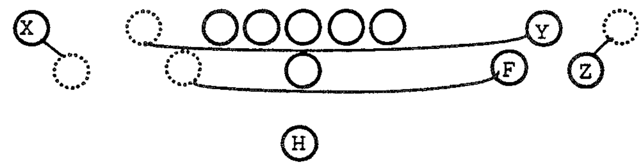
FLOP: Y and F align on the same side and shift to the formation called.

EXAMPLE: FLOP TO FLANK RT



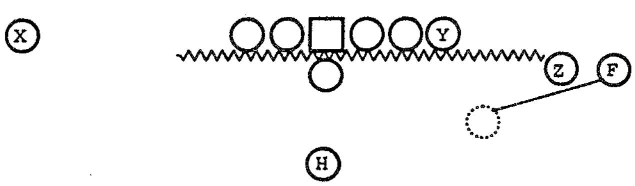
FLIP: From Triple Right to Triple Left. Y & F cross the formations Z or X return to normal split.

EXAMPLE: FLIP TO TRIPLE RT

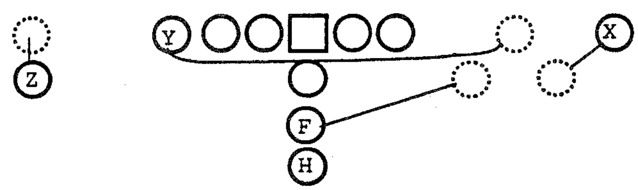


DANCE: Delayed movement with Z zooming and F shifting after Z passes him to the formation called.

EXAMPLE: DANCE TO FLEX RT

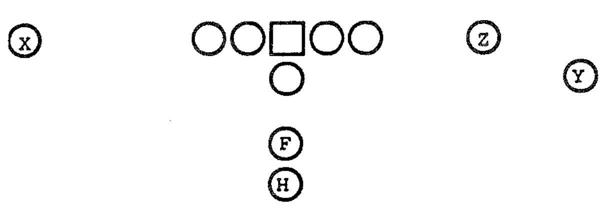


SCATTER: will shift X,Y, Z, F & H from Triple into the formation called.



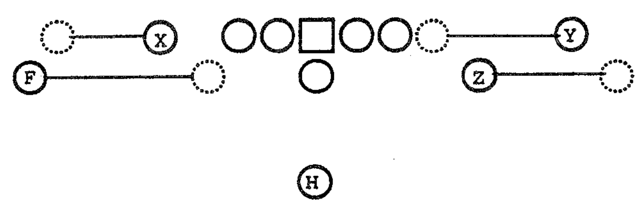
CHANGE: Y & Z exchange alignments to the formation called.

EXAMPLE: I RT CHANGE



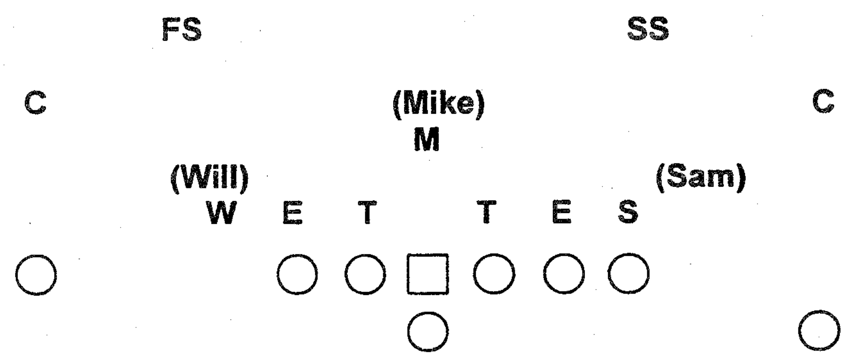
SNAP

EXAMPLE: SNAP RT

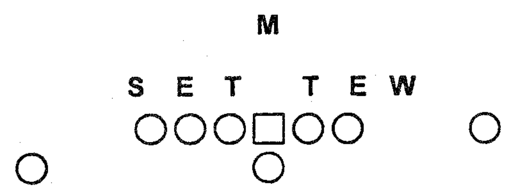


DEFENSIVE TERMINOLOGY AND IDENTIFICATION

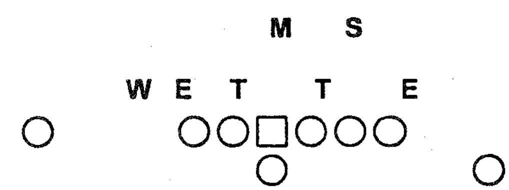
4-3 DEFENSES



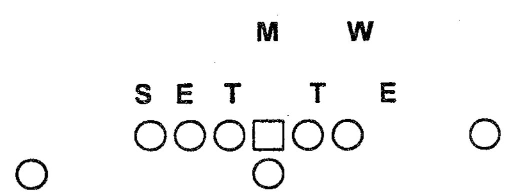
40



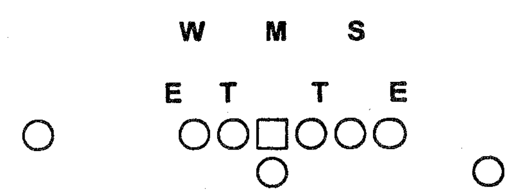
40 Sink



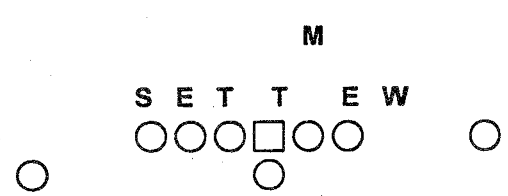
40 Wink



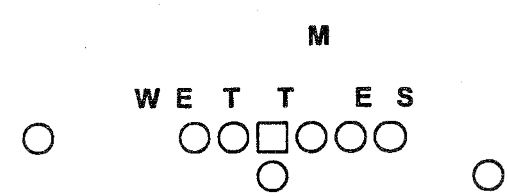
40 Dink



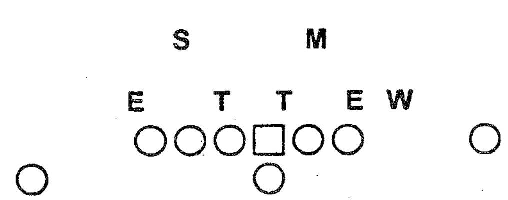
Over



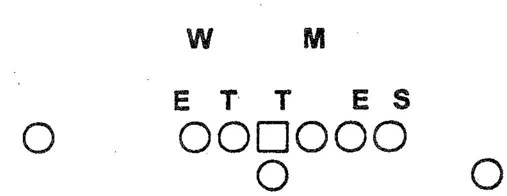
Under



Over Sink

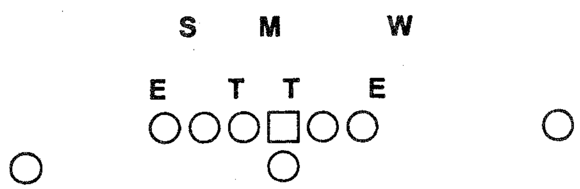


Under Wink

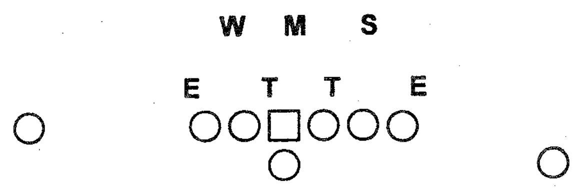


4-3 Defense (Cont'd.)

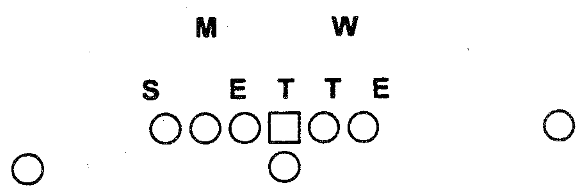
Over Sink Will Hip



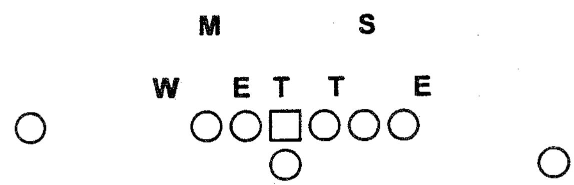
Over Dink



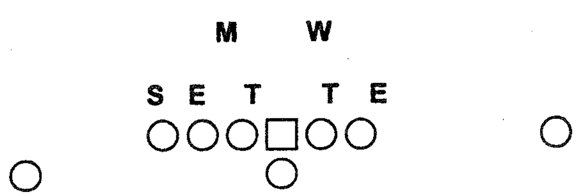
Under Close Wink



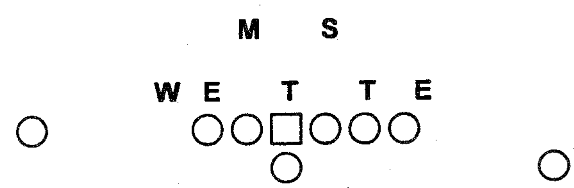
Over Close Sink



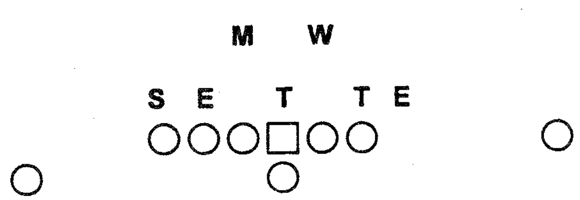
40 Stack



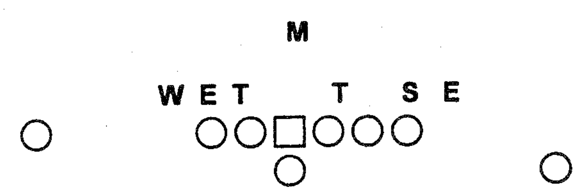
Over 3-4



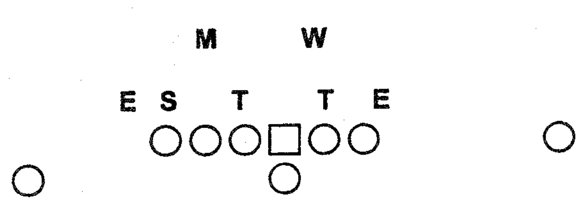
Under 3-4



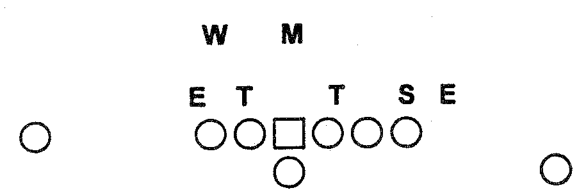
40 Change



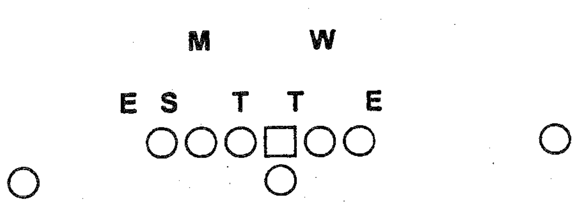
40 Stack Change



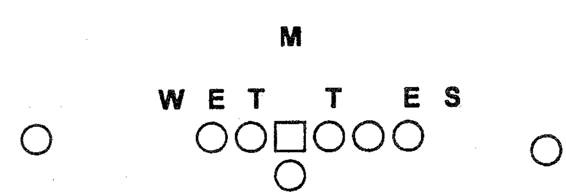
40 Wink Change



Over Stack Change

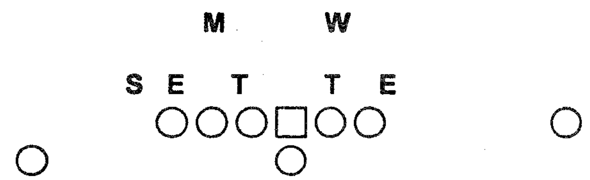


40 Wide

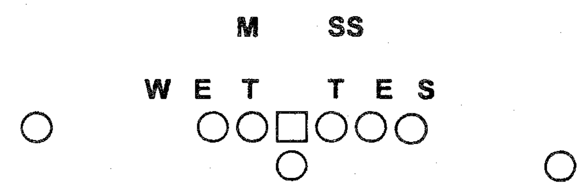


4-3 Defense (Cont'd.)

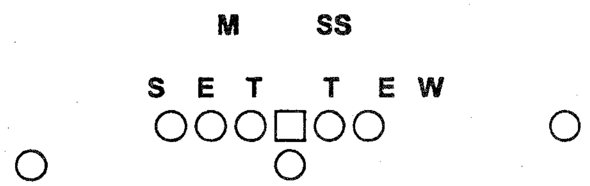
40 Stack Wide



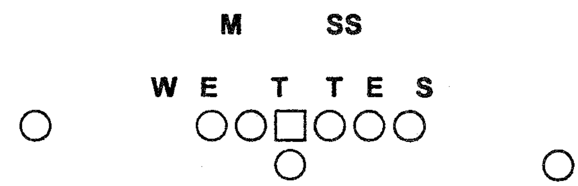
40 Joker Strong



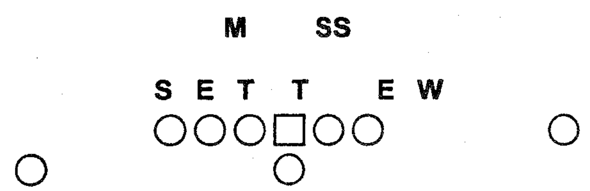
40 Joker Weak



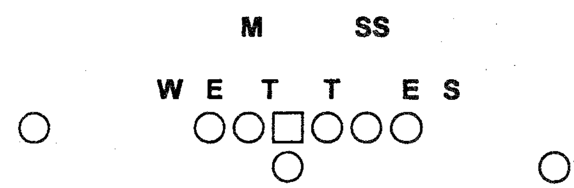
Over Joker Strong



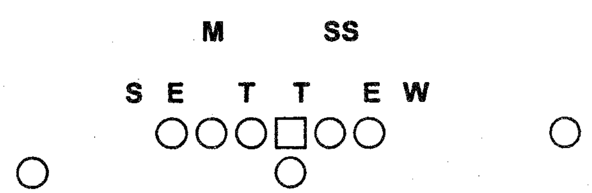
Over Joker Weak



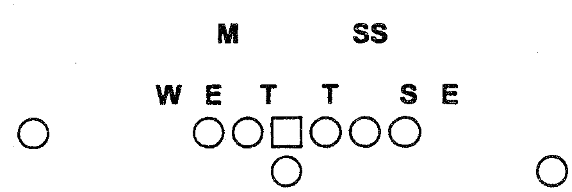
Over Wide Joker Strong



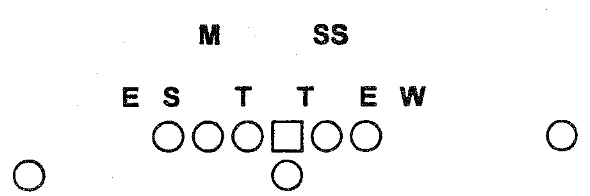
Over Wide Joker Weak



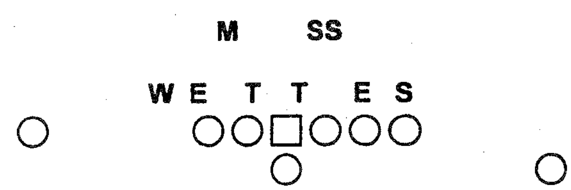
Over Change Joker Strong



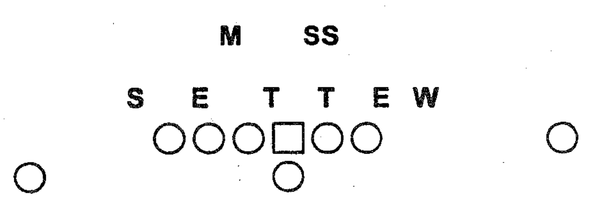
Over Change Joker Weak



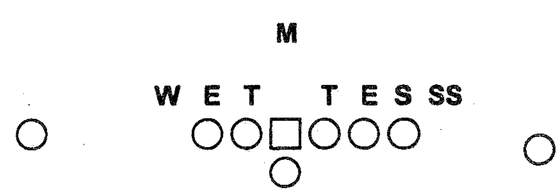
Under Joker Strong



Under Joker Weak

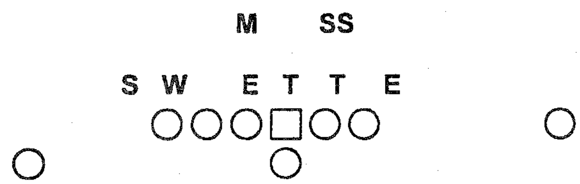


40 SS Up

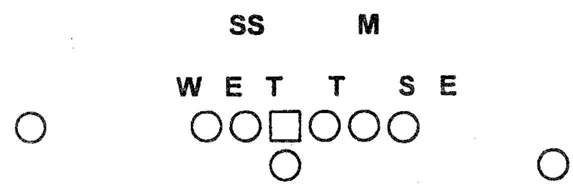


4-3 Defense (Cont'd.)

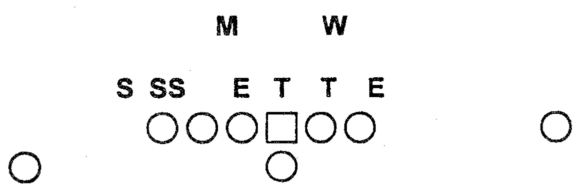
Bear



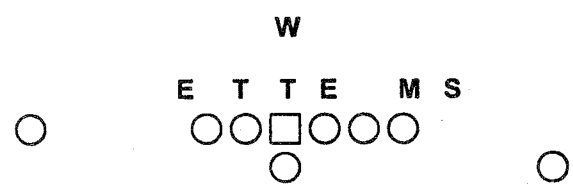
Big Bear

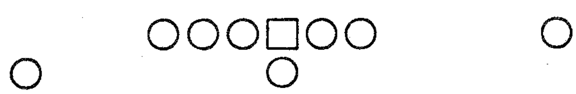


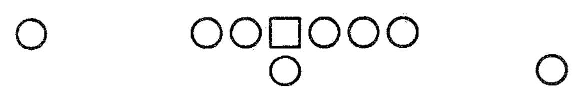
Bear SS

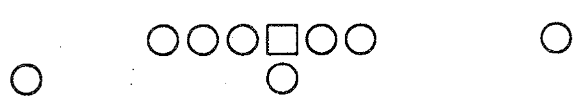


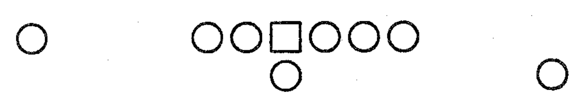
Bear 7

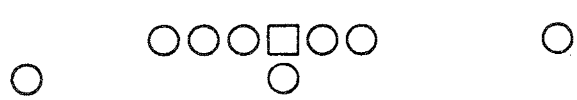


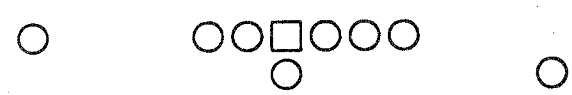


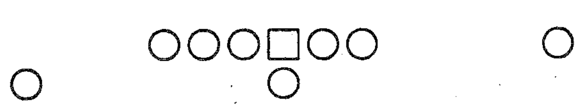


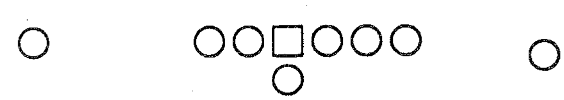




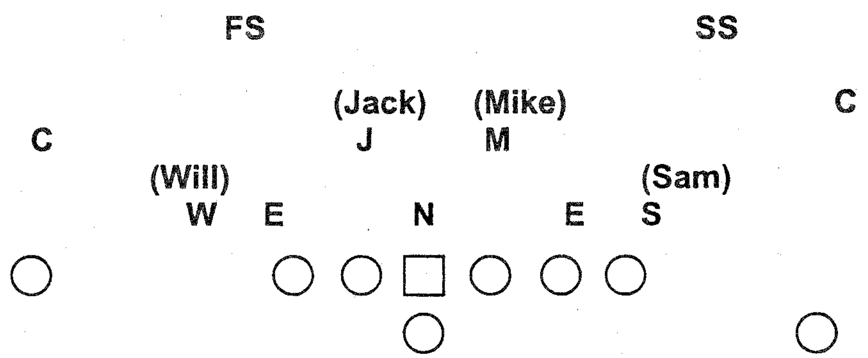




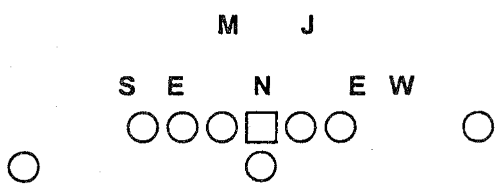




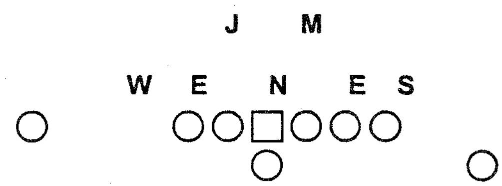
3-4 DEFENSES



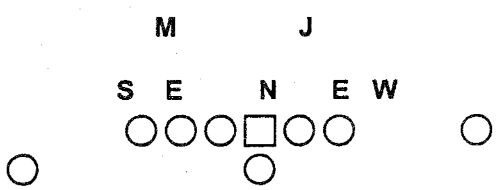
3-4



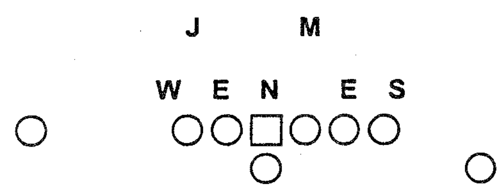
3-4 Strong



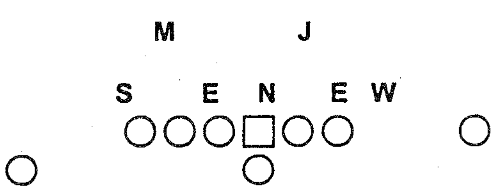
3-4 Weak



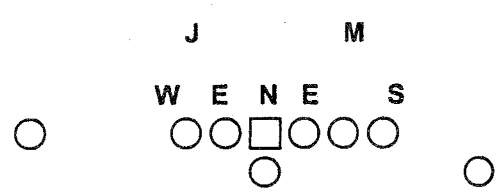
3-4 Wink



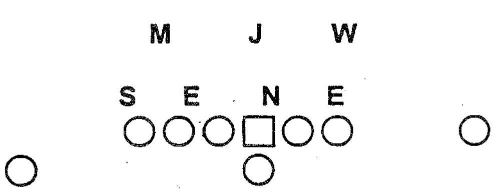
3-4 Sink



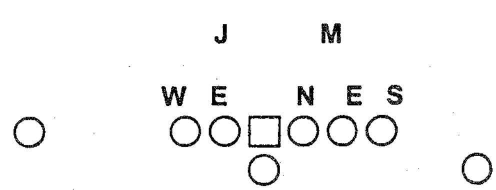
3-4 Dink



3-4 Stack

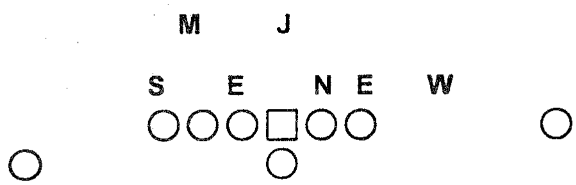


3-4 40 Stack

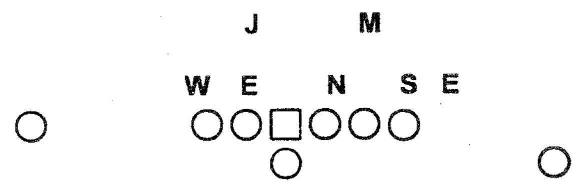


3-4 Defense (Cont'd.)

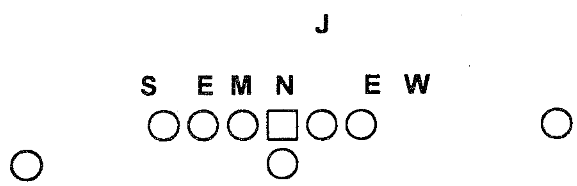
3-4 40 Sink



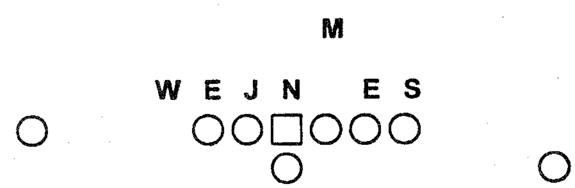
3-4 40 Stack Change



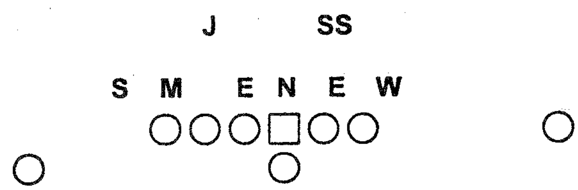
3-4 Mike Tuff



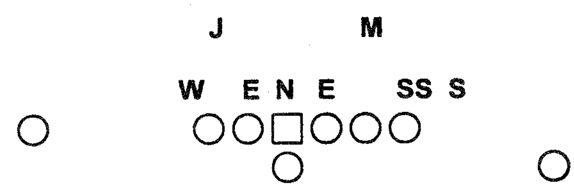
3-4 Jack Tuff

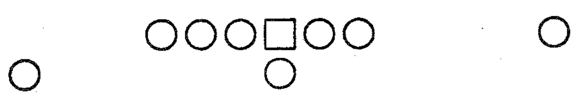


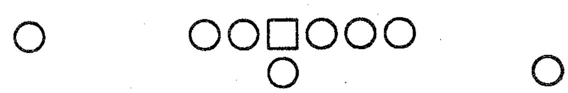
3-4 Bear

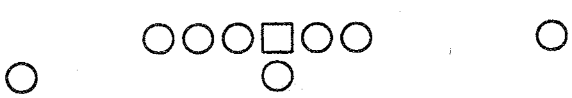


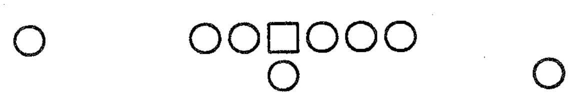
3-4 Bear SS

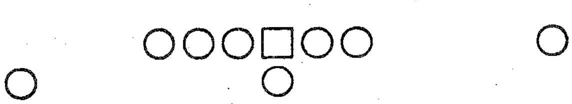


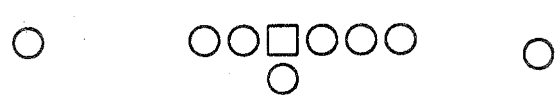






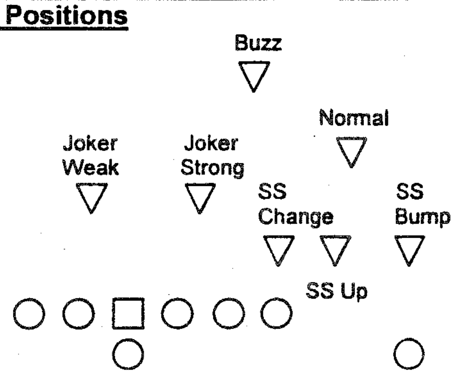






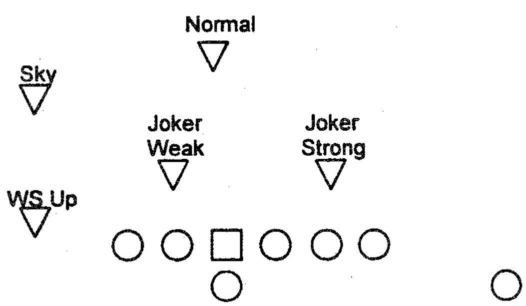
Linebacker and Secondary Positions

Strong Safety Positions



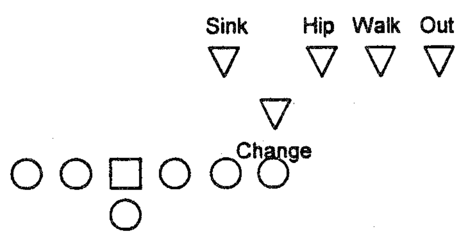
Buzz – Position taken normally by Strong Safety on Buzz force about 3 to 4 yards off L.O.S.
SS Change – SS line up over the TE exchanging position with the Sam Lber.
SS Up – SS up within 3 yards or on the L.O.S. outside the end man on the L.O.S.
Normal – SS lined up 5 to 6 yards deep slightly outside TE.
SS Bump – SS lined up over and pressing Z or the receiver to the two-receiver side.
Joker Strong – SS lined up as a linebacker strong side.
Joker Weak – SS lined up as a linebacker weak side.

Weak Safety Positions



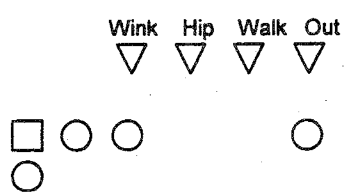
Normal – WS aligned 9 to 11 yards deep over weak side offensive guard.
Sky – WS inverted in a weak side force position, approximately 6 yards deep outside offensive tackle.
WS Up – WS up within 3 yards or on the L.O.S.
Joker Strong – Weak Safety lined up as a Lber strong side.
Joker Weak – Weak Safety lined up as a Lber weak side.

Sam Linebacker Positions



Sink – Sam Lber inside alignment over tackle.
Hip – Sam Lber is outside of DE and off L.O.S. about 1 to 2 yards deep.
Walk – Sam Lber is off L.O.S. about 3-5 yards deep, splitting the difference between the TE and receiver to that side.
Out – Sam Lber is in a press position on receiver to TE side.

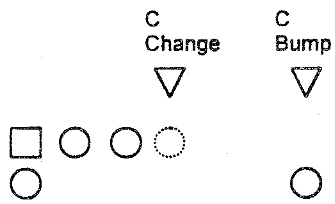
Will Linebacker Positions



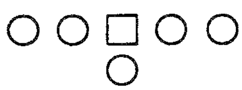
Wink – Will inside alignment over tackle.
Hip – Will Lber is outside DE and off L.O.S. about 1 to 2 yards deep.
Walk – An alignment by the Will Lber off the L.O.S. about 3 to 5 yards deep, splitting the difference between the offensive tackle and the receiver to the one receiver side.
Out – The Will Lber lined up in a press position on the receiver to the one receiver side.

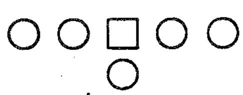
Linebacker and Secondary Positions (Cont'd.)

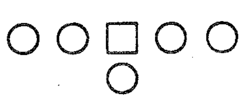
Corner Positions



C Bump – Corner lined up over and pressing wide receiver to that side.
C Change – Corner lined up on the tight end.



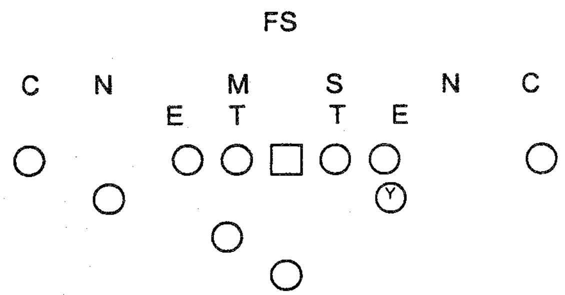




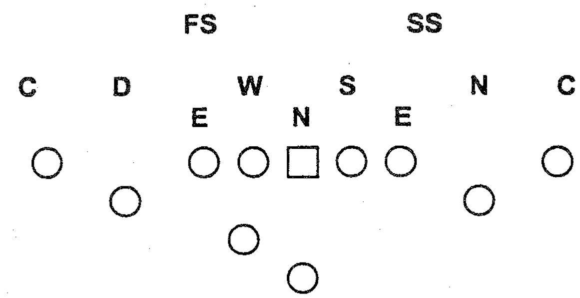
SUBSTITUTED DEFENSE IDENTIFICATION

The number of down linemen and linebackers in the defense will identify substituted defenses.

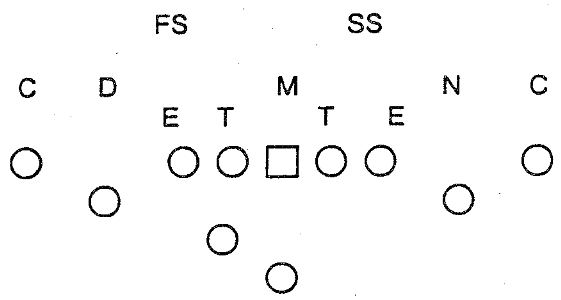
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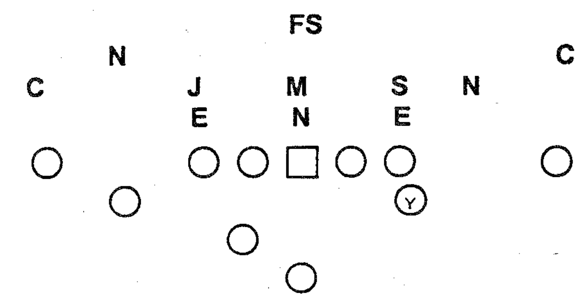
32



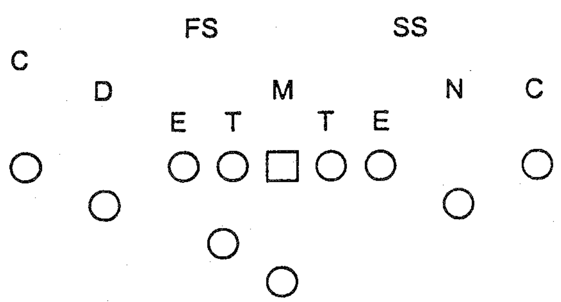
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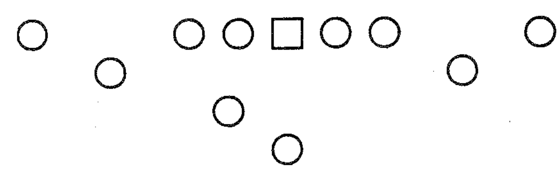


33

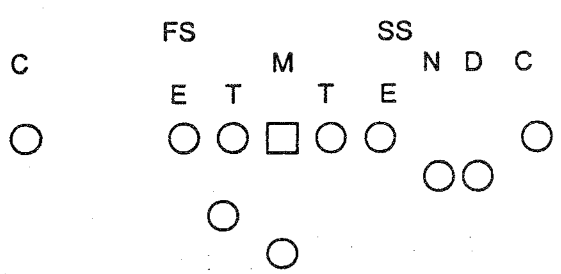


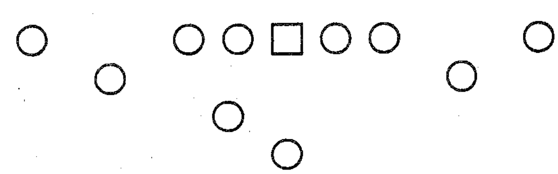
40





42 (Trips)





LINE STUNTS AND TWISTS

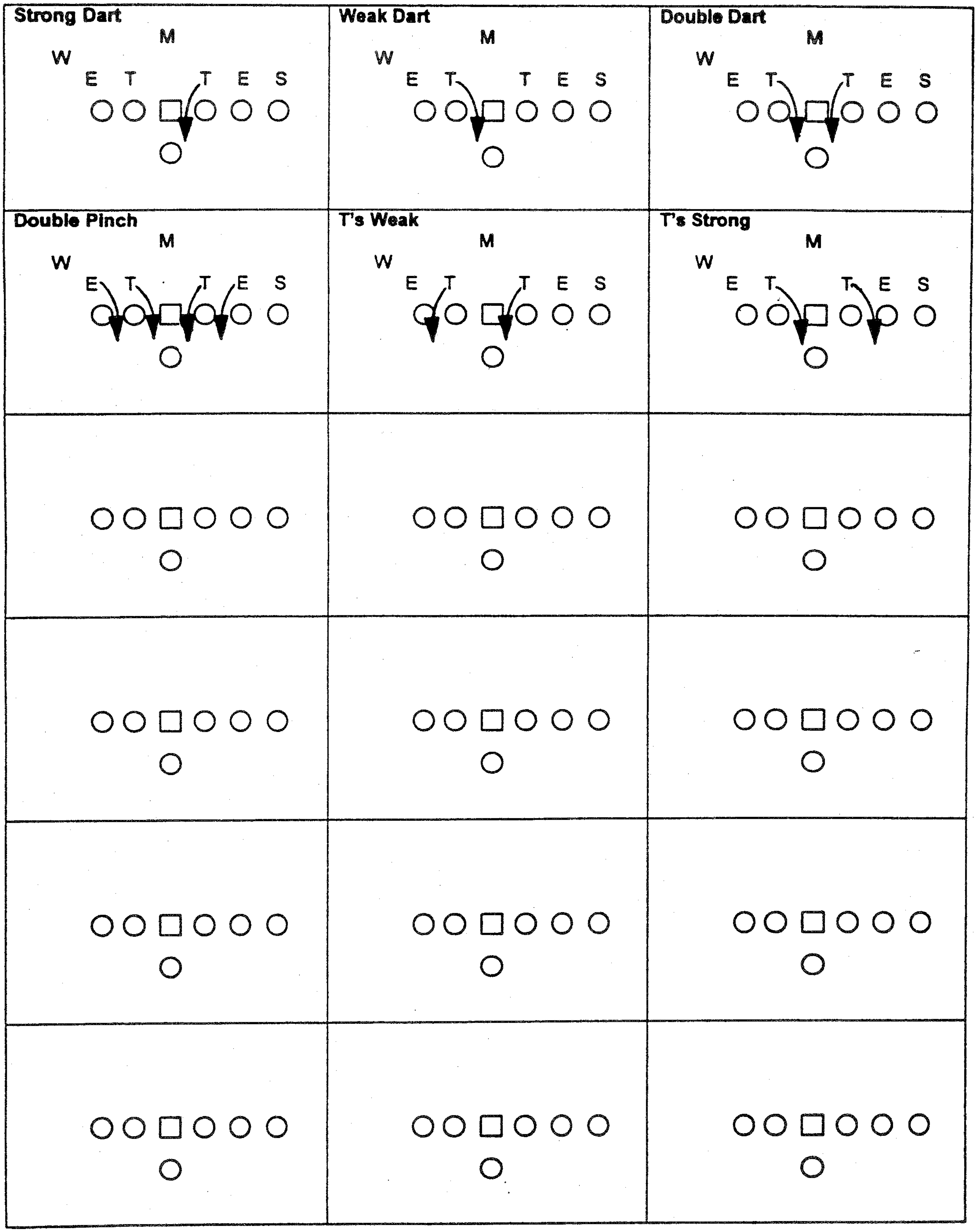
Line stunts involve defensive linemen when they are making directional charges. In some instances, the cross charge may involve a defensive lineman and a linebacker.

When a cross charge involves the two defensive tackles or a defensive end, we designate the stunt as a twist. We further describe the stunt by designating the player that stunts first; i.e., a weak twist in which the weak DT stunts first with the DE charging over the top behind him is a Weak TE. A 34 defense twist in which the nose tackle stunts first with the DE coming over the top behind him is a Weak NE.

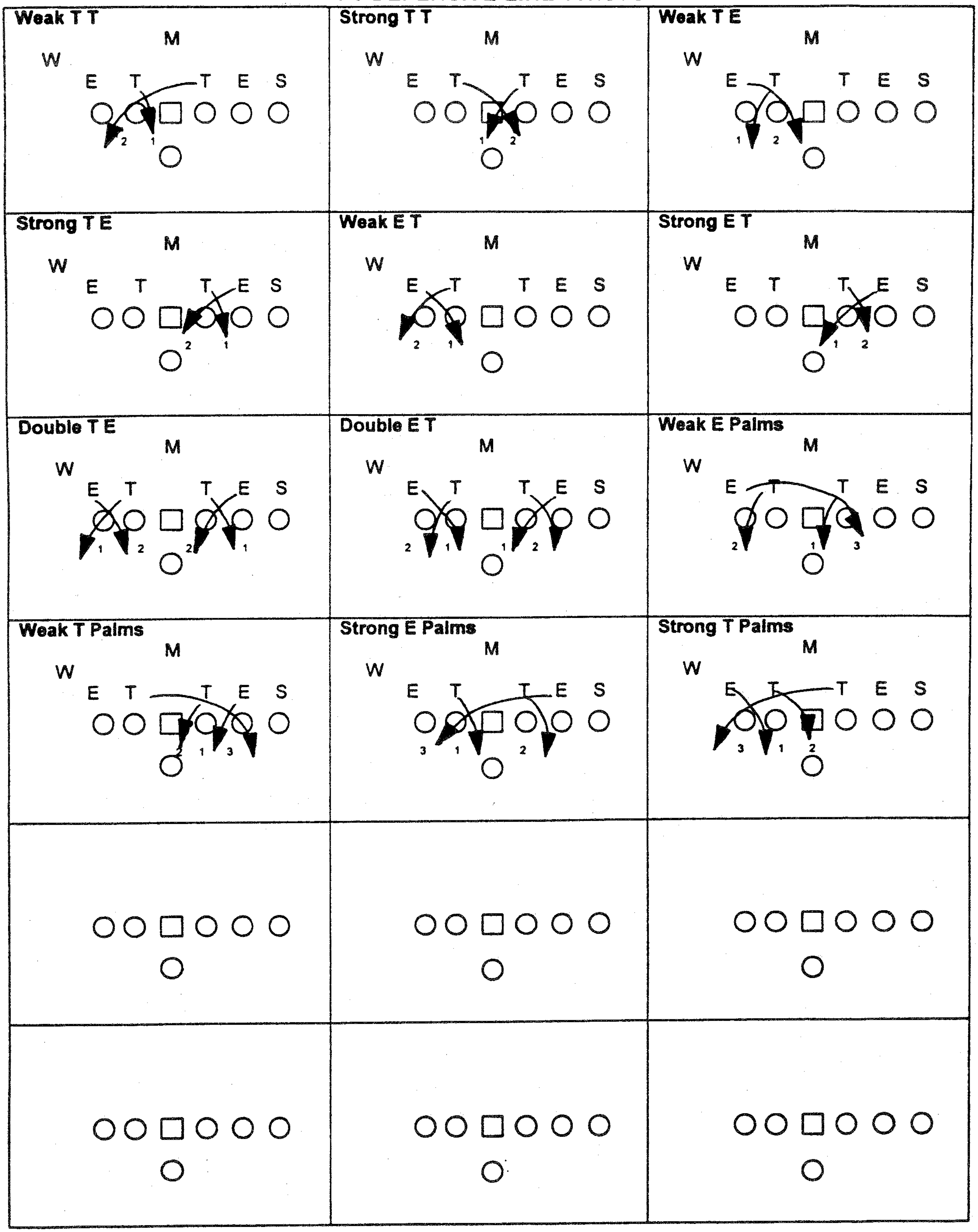
When a cross charge involves a defensive end or a defensive tackle with a linebacker, we designate the stunt by name and designate the first charger. Example: 40 Will A; 34 Will X It.

A pinch involves a directional charge to the inside by a defensive end over an offensive tackle or dart by a defensive tackle over the offensive guard. A slant involves similar directional charges by two adjacent linemen. A slant or angle (angle more than 2) may be further described designating a direction or side; i.e., slant weak or angle strong.

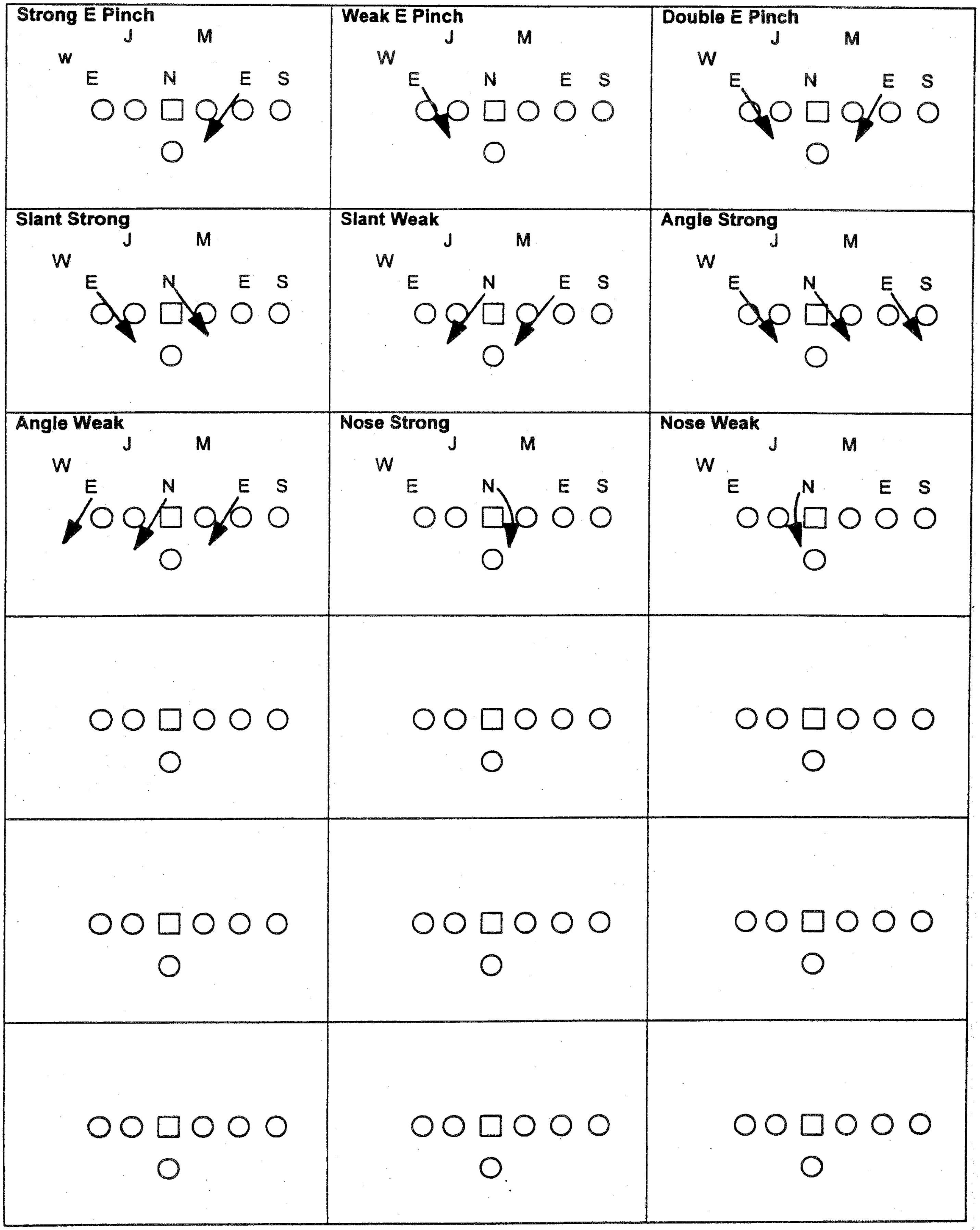
4-3 DEFENSIVE LINE STUNTS



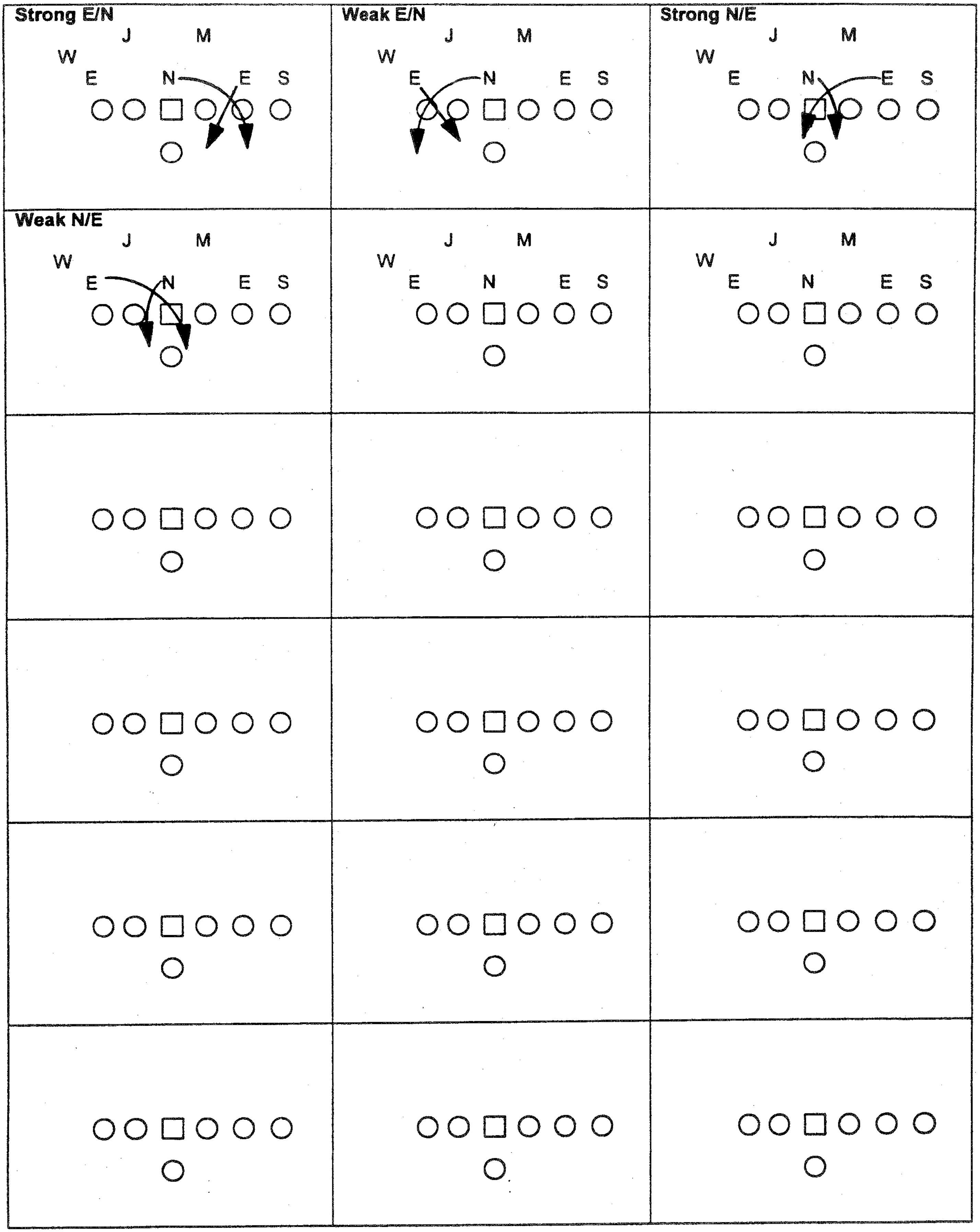
4-3 DEFENSIVE LINE TWISTS



3-4 LINE STUNTS



3-4 LINE TWISTS



DOGS AND BLITZES

Dogs: A total of 5 rushers will constitute a "Dog". In a 4-3 defense, a "Dog" includes the 4 down linemen plus **1** linebacker or defensive back making a predetermined charge across the line of scrimmage. If a lineman drops out into pass coverage, it will still be considered a "Dog".

In a 3-4 defense, a "Dog" will consist of the 3 down linemen plus 2 linebackers or defensive backs making a predetermined charge across the line of scrimmage. If a lineman drops out into pass coverage, it will still be considered a "Dog".

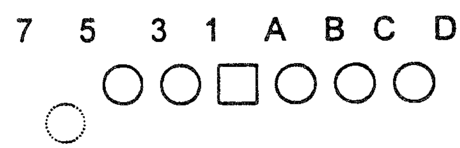
Blitz: A total of 6 or more rushers will constitute a "Blitz". In a 4-3 defense, a "Blitz" includes the 4 down linemen plus **2** or more linebackers or defensive backs making a predetermined charge across the line of scrimmage. If a lineman drops out into pass coverage, it will still be considered a "Blitz".

In a 3-4 defense, a "Blitz" will include the 3 down linemen plus **3** or more linebackers or defensive backs making a predetermined charge across the line of scrimmage. If a lineman drops into pass coverage, it will still be considered a "Blitz".

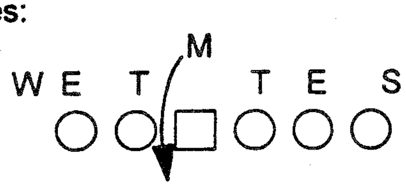
DOG AND BLITZ IDENTIFICATION

We will identify Dogs and Blitzes two different ways.

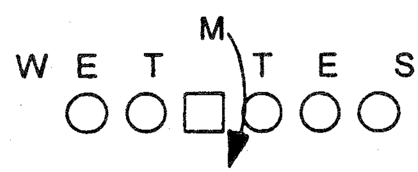
To identify the exact holes through which rushers come, we can identify the rusher by position and then the hole. The letters A, B, C, D, will indicate strong side rushes, and the numbers 1, 3, 5, 7 will identify weak side rushes.



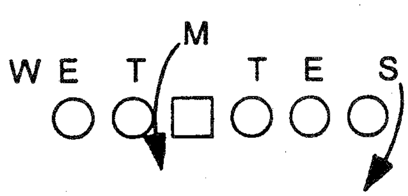
Examples:



Mike 1 = M1



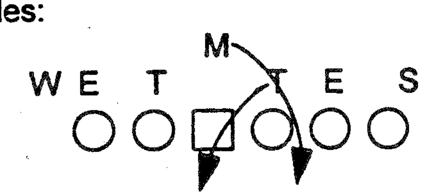
Mike A = MA



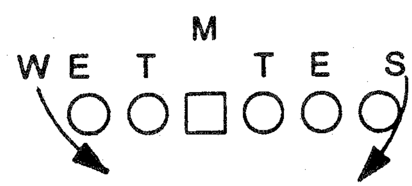
Sam D Mike 1 = SDM1

We can also identify more common Dog and Blitz combinations by giving that combination a name.

Examples:



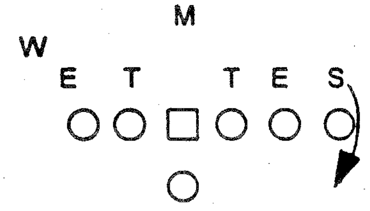
Mike Scrape Strong



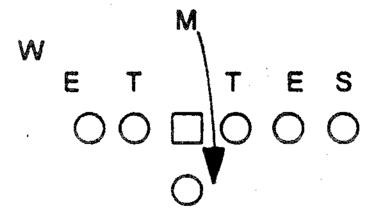
Saw

4-3 DOGS AND BLITZES

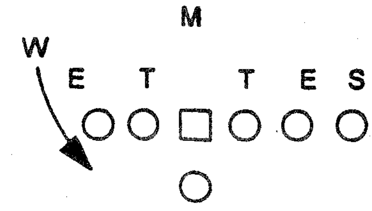
Sam D



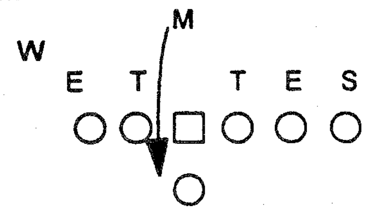
Mike A



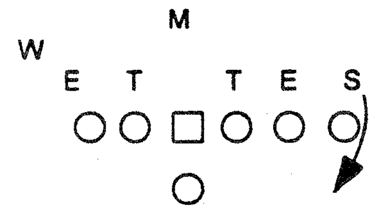
Will 3



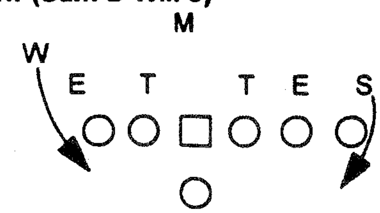
Sam D Mike 1



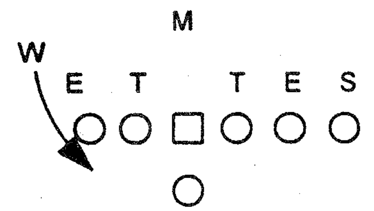
Mike A Will 5



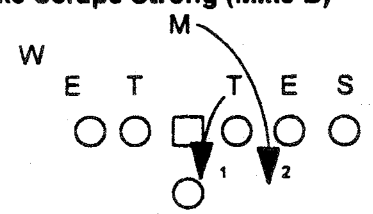
Saw (Sam D Will 5)



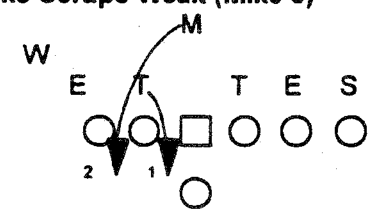
All



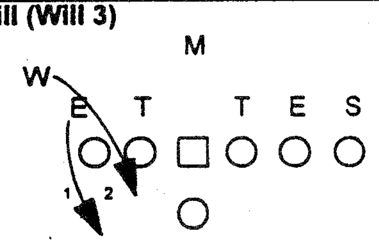
Mike Scrape Strong (Mike B)



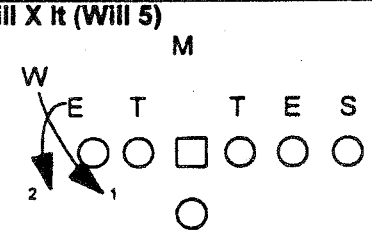
Mike Scrape Weak (Mike 3)



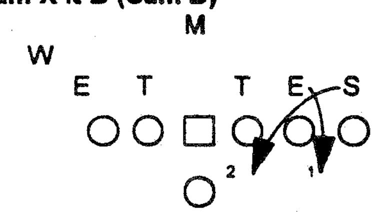
Will (Will 3)



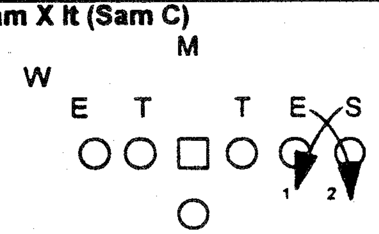
Will X It (Will 5)



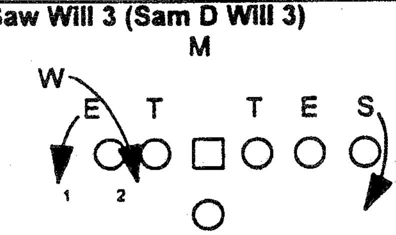
Sam X It B (Sam B)



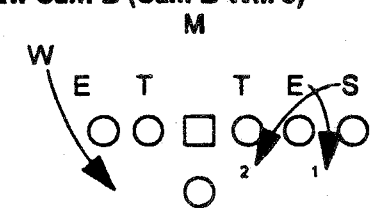
Sam X It (Sam C)



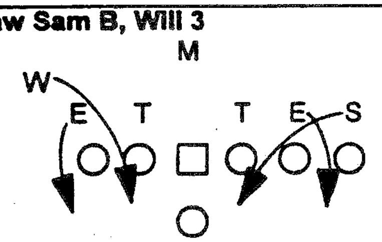
Saw Will 3 (Sam D Will 3)



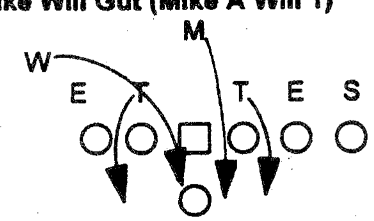
Saw Sam B (Sam B Will 5)



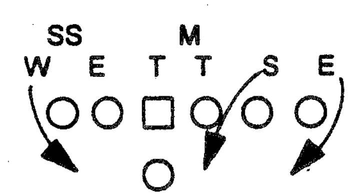
Saw Sam B, Will 3



Mike Will Gut (Mike A Will 1)

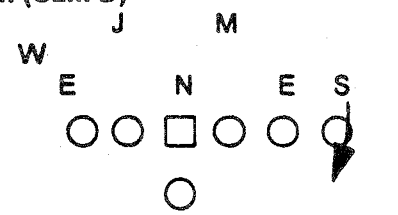


Bear Saw (Sam C Will 5)

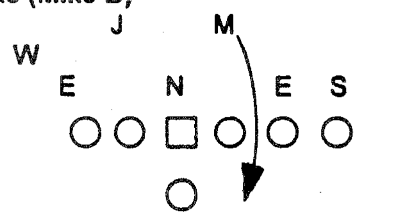


3-4 DOGS AND BLITZES

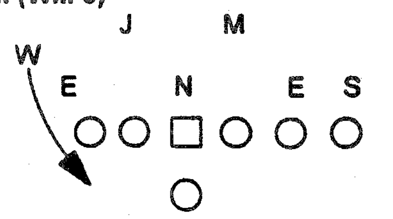
Sam (Sam D)



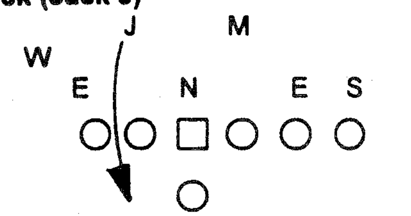
Mike (Mike B)



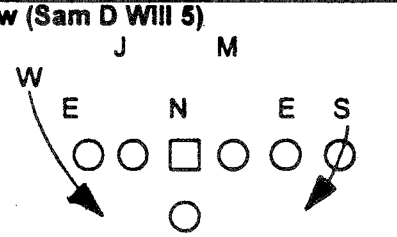
Will (Will 5)



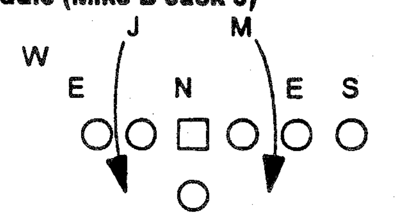
Jack (Jack 3)



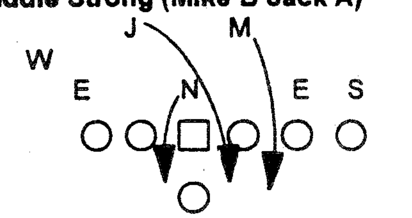
Saw (Sam D Will 5)



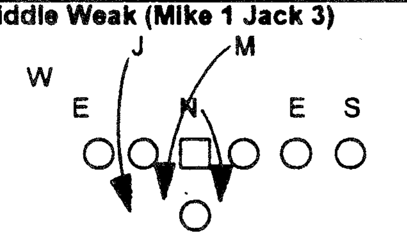
Middle (Mike B Jack 3)



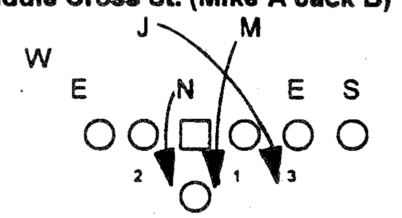
Middle Strong (Mike B Jack A)



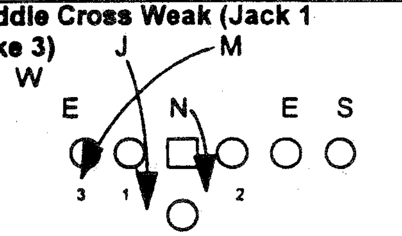
Middle Weak (Mike 1 Jack 3)



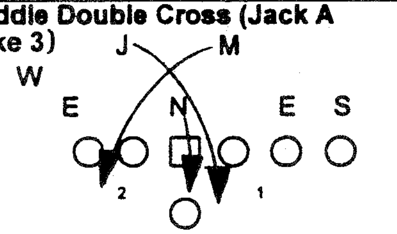
Middle Cross St. (Mike A Jack B)



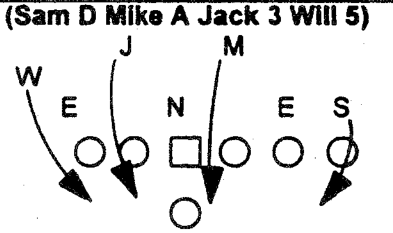
Middle Cross Weak (Jack 1 Mike 3)



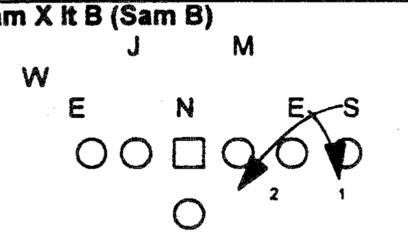
Middle Double Cross (Jack A Mike 3)



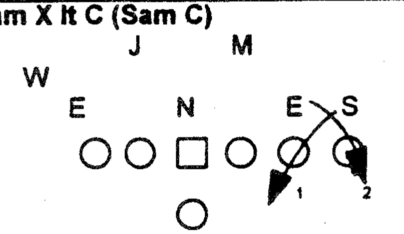
All (Sam D Mike A Jack 3 Will 5)



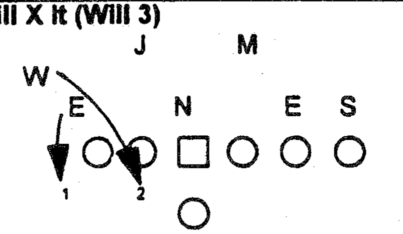
Sam X It B (Sam B)



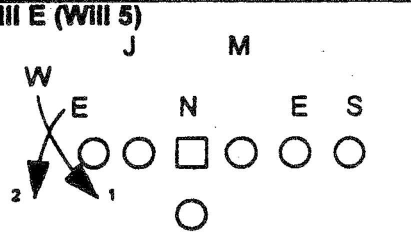
Sam X It C (Sam C)



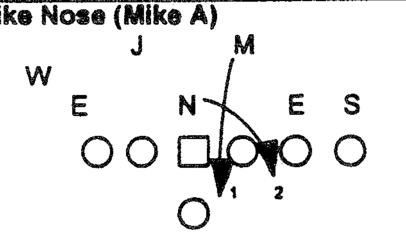
Will X It (Will 3)



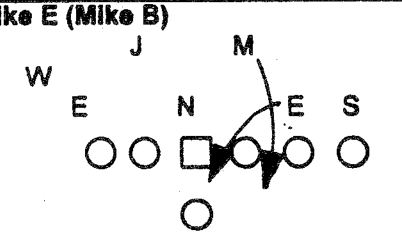
Will E (Will 5)



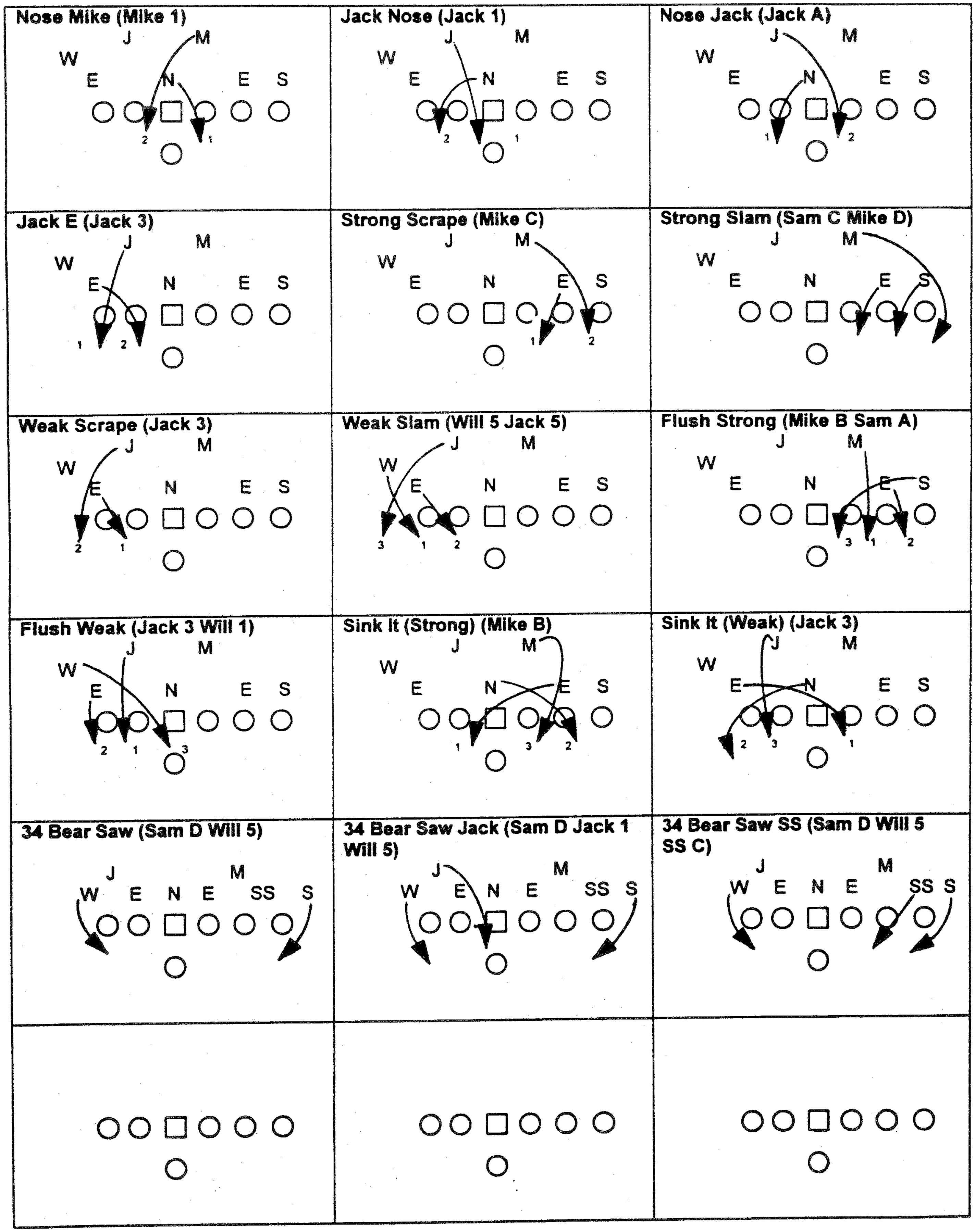
Mike Nose (Mike A)



Mike E (Mike B)



3-4 DOGS AND BLITZES



COVERAGES

BASIC COVERAGES

COVER 0 Blitz coverage – straight man coverage. No Free Safety.

COVER 1 CINCO Man free – Man to Man coverage with a Free Safety. 5 Man rush.

A) 1 HOLE Man to Man coverage with a Free Safety and a free Backer with no Man to Man responsibility. 4 Man rush.

B) 1 WEAK Man Free with Free Safety covering #2 receiver Weak. SS is free in deep middle. Can be used with Cinco or Hole.

C) 1HOLE # Man to Man with a Free Safety and a true double on the jersey number of a specific receiver. Example: 1 Hole 33.

COVER 2 Two deep 5 Under Zone coverage

A) 2 MAN Two deep, 5 Under Man coverage

COVER 3 3 deep 4 Under Zone coverage. Variations include Buzz, Cloud, Sky, Weak

COVER 4 Four deep, 3 Under Zone coverage

A) 4 MAN 4 Deep, Man under coverage

COVER 5 Man to Man with a Double

COVER 6 Weak roll with a Quarter, Quarter, Half configuration in the secondary and a 4 Under Zone Coverage.

COVER 7 Double Coverage, Man Coverage with a designated Double on a single receiver

COVER 8 A 3 on 2 coverage resulting in a double on the widest receivers based on the inside receiver release. Can be played with Man as Zone by the Backers

COVER 9 Strong Roll, Quarter, Quarter, Halves configuration in the secondary and a 4 Under Zone coverage

CALLING COVERAGES

Use the following sequence to call coverages based on our coverage numbers and terms.

ZONE:	1ST:	Coverage Number
	2nd:	Sky, Cloud, Buzz to indicate primary Force/Flat responsibility
	3rd:	Descriptive term for special secondary technique if necessary
	4th:	Term to indicate number of rusher if necessary
	5th:	Any Dog or Blitz

EXAMPLES:

3 SKY MAX
7 ACE
2 CATCH
3 BUZZ CINCO
(S&D, M&A, W-C)

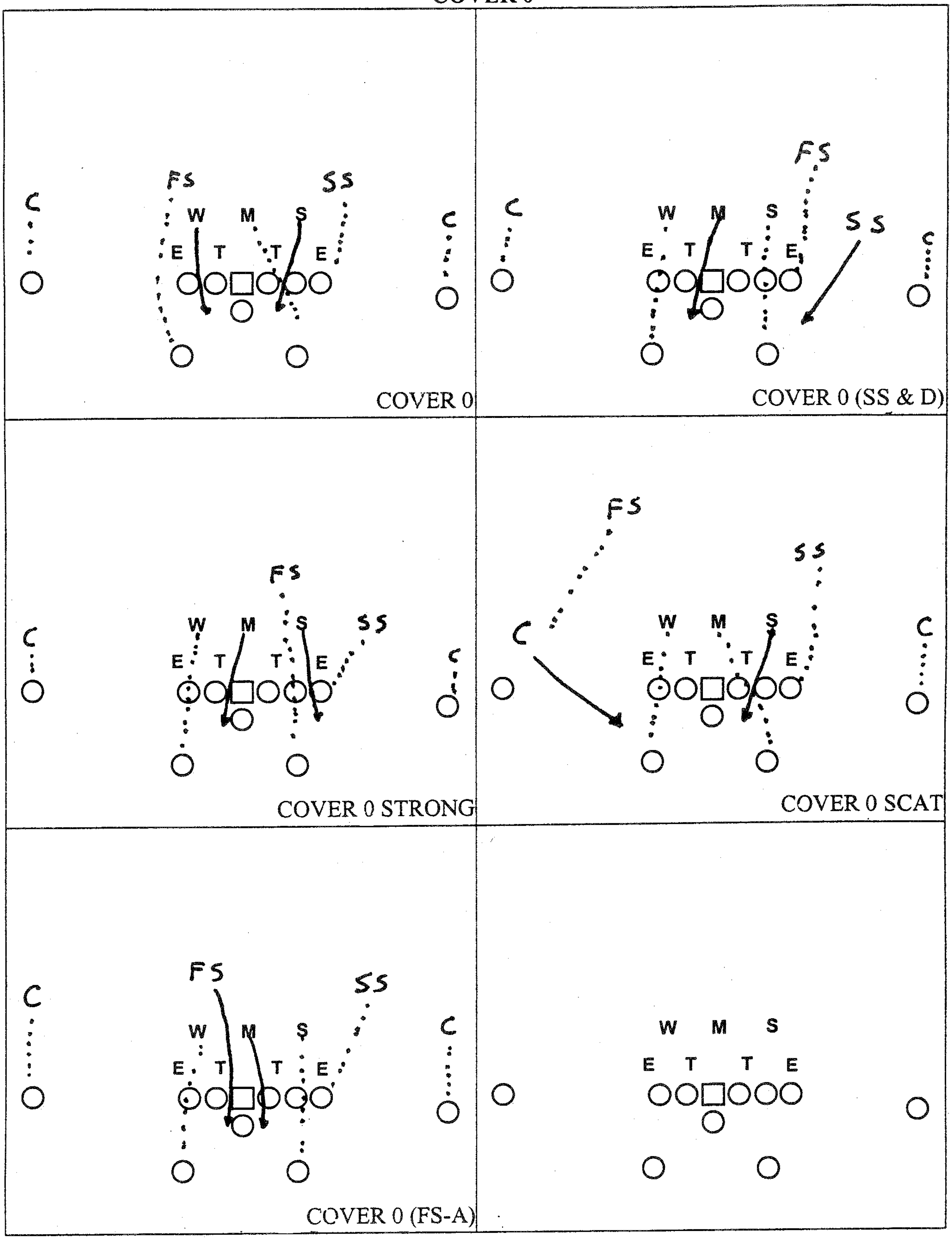
DEFENSIVE GROUPINGS

Penny = 3 DB's
Nickel = 5 DB's
Dime = 6 DB's
Dollar = 7 DB's..

COVERAGE TERMINOLOGY

1.	ACE	Double coverage on widest receiver
2.	BUZZ	OLB with flat and force responsibility
3.	CATCH	Corner technique in which he has flat responsibility while playing level at around 5 yards
4.	EXCHANGE	An alignment placing the SS on the LOS in front of Y with an outside rusher on the LOS
5.	CINCO	5 Man rush
6.	CLOUD	Corner having flat and force responsibility
7.	SQUAT	A 3/2 coverage resulting in a Double on the widest receiver based on the inside receivers release
8.	CAT	Corner Blitz
9.	DEUCE	Double coverage on second widest receiver
10.	MATCH	Man coverage within a zone when the receiver leaves the assigned zone, he is released by the defender and he continues to play his zone.
11.	MAX	3 Man rush
12.	ROBBER	Man Free term indicating SS in hole coverage
13.	THIEF	Man Free term indicating FS in hole coverage
14.	SPY	A defensive line technique dropping him off into coverage
15.	TRAP	A corner appearing to play trail technique but rolling back into a short zone
16.	TREY	A double coverage on the 3rd receiver
17.	ZONE DOG	A defensive lineman dropping out to cover a vacated zone resulting from the dogger
18.	CLAMP	Press Man to Man away from Corner roll with primary run support
19.	SUP	SS on LOS over Y with Sam aligned outside
20.	JOKER	SS aligned as part of the front strong
21.	BAIL	Coverage technique aligned in press and then running out for 1/3 coverage
22.	HOLE M	an Free term with 4 Man Rush indicating 1 free Linebacker
23.	BANJO	2 on 2 Man coverage in and out
24.	VICE	2 on 1 Man coverage by 2 secondary players, inside and out
25.	SHOW	SS aligned on LOS outside of Defensive End or outside Linebacker
26.	GREEN DOG	Rush by a linebacker when his coverage responsibility blocks
27.	DOG	Rush by a Linebacker
28.	BLITZ	Rush by a secondary player

COVER 0



COVER 0

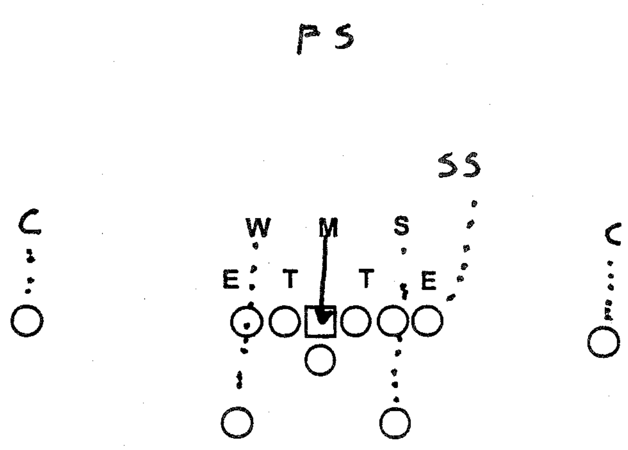
COVER 0 (SS & D)

COVER 0 STRONG

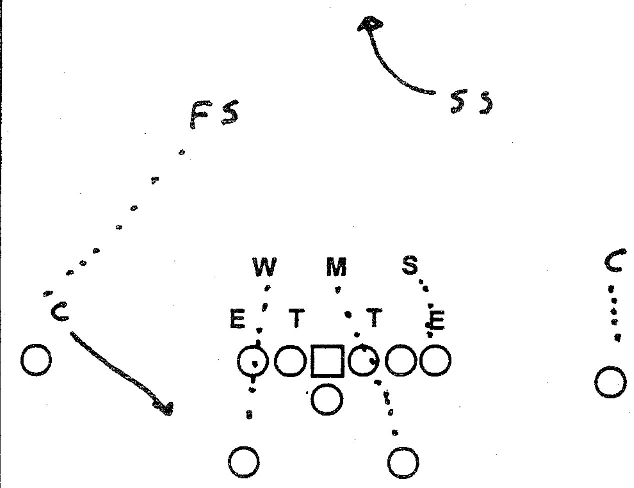
COVER 0 SCAT

COVER 0 (FS-A)

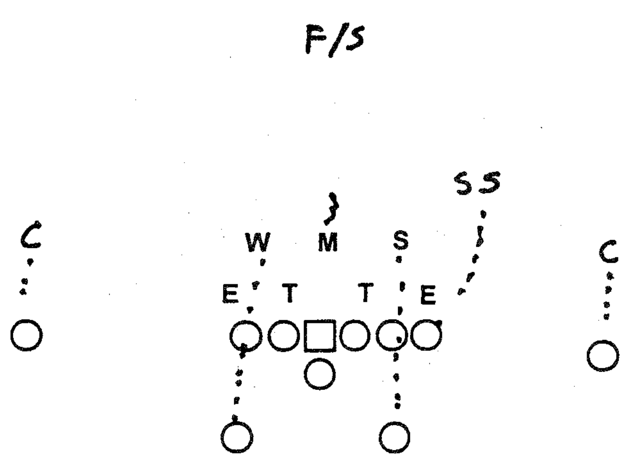
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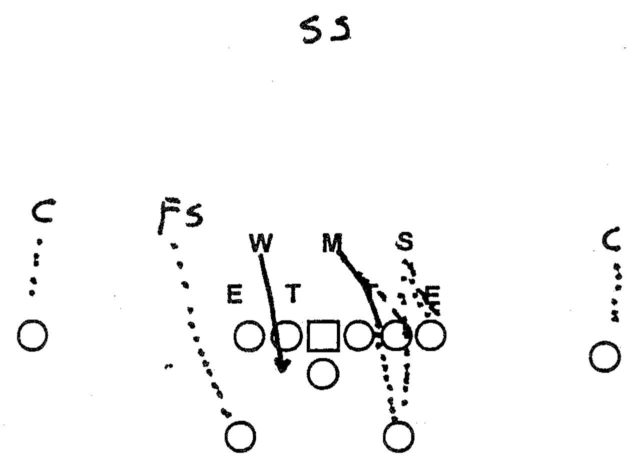
COVER 1 CINCO (5 RUSH)



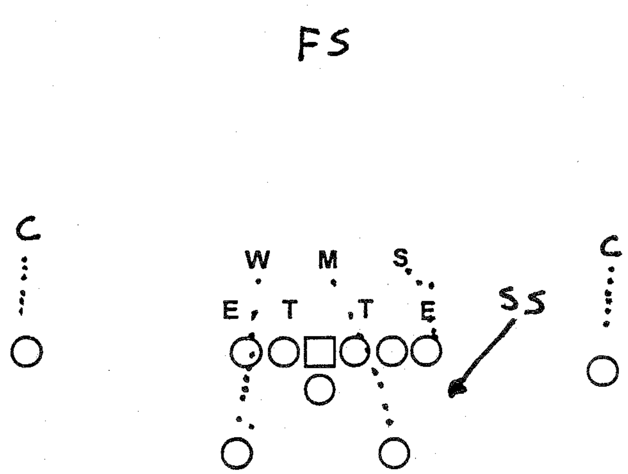
COVER 1 CAT



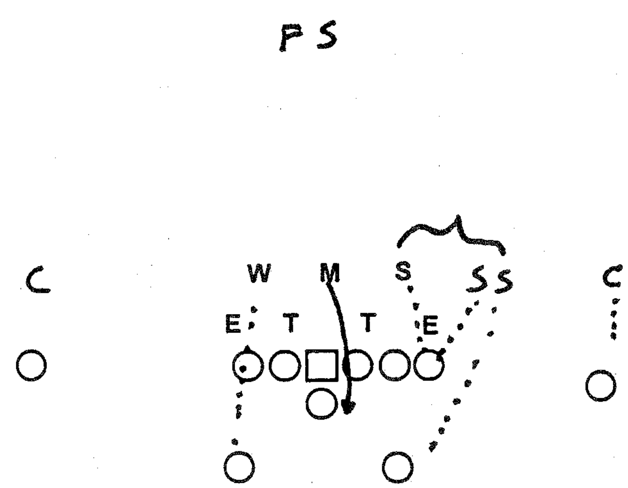
COVER 1 HOLE (4 RUSH)



COVER 1 WEAK CINCO

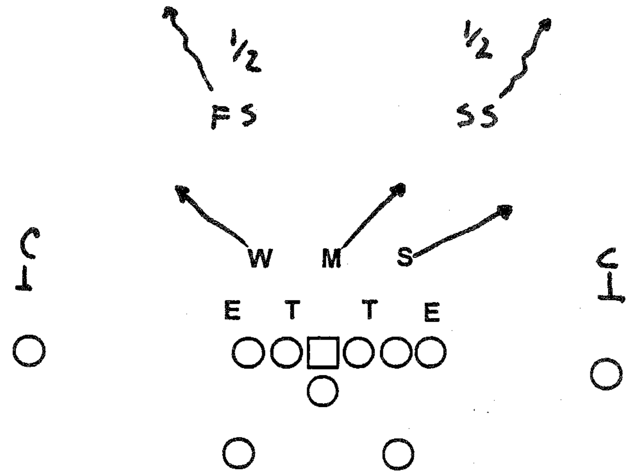


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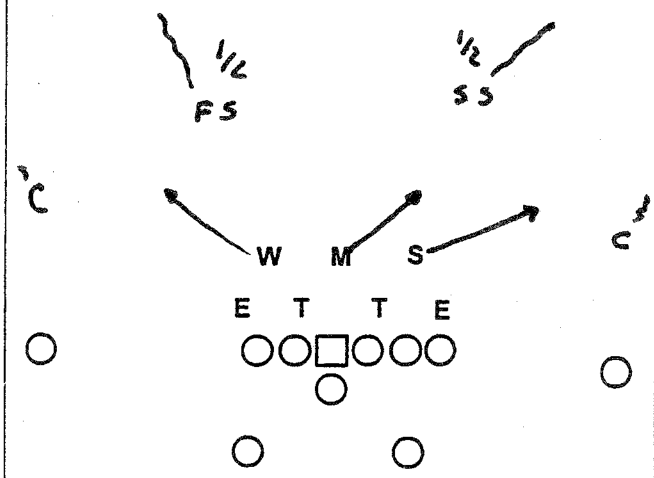


COVER 1 CINCO (BANJO)

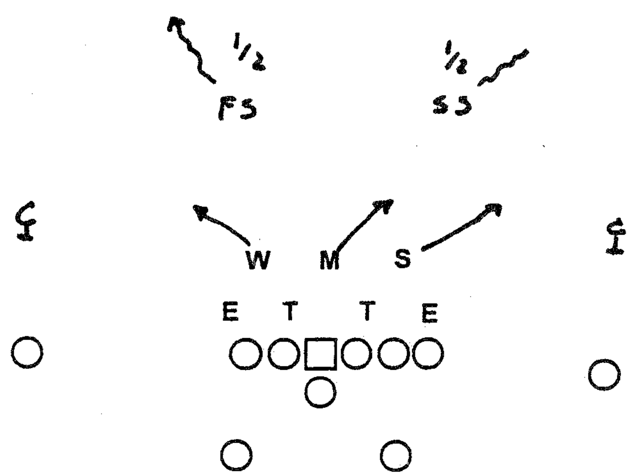
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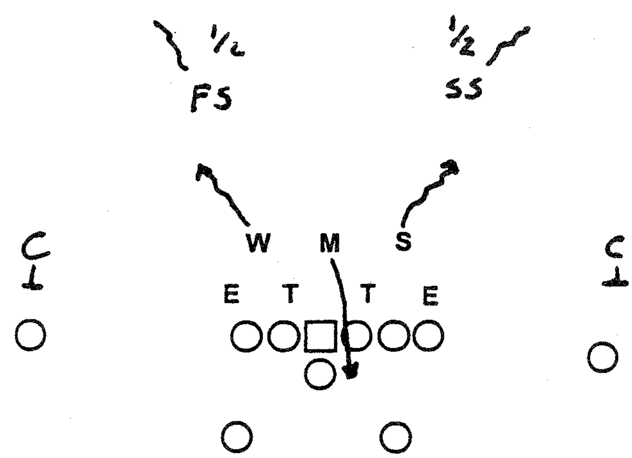
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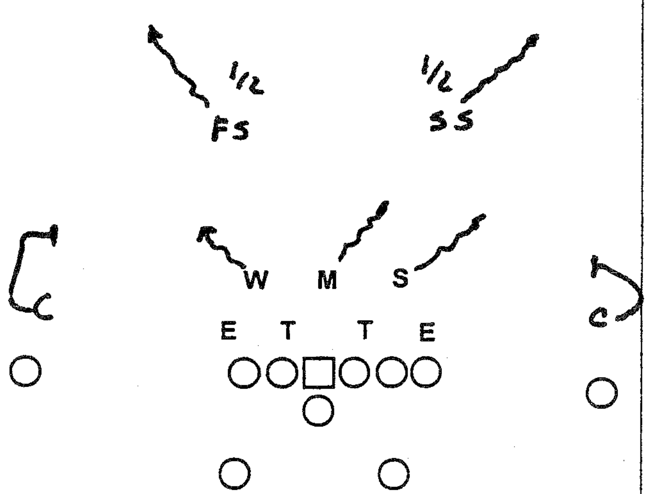
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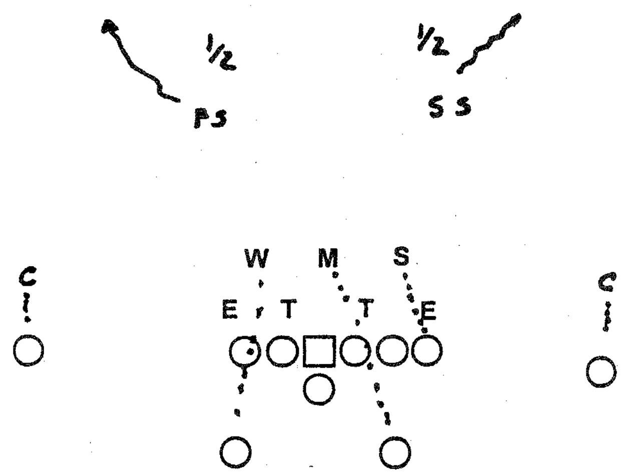
COVER 2 CATCH



COVER 2 CINCO

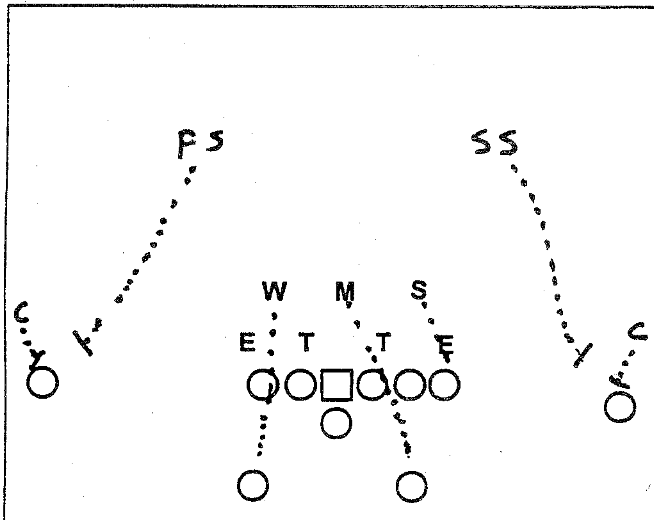


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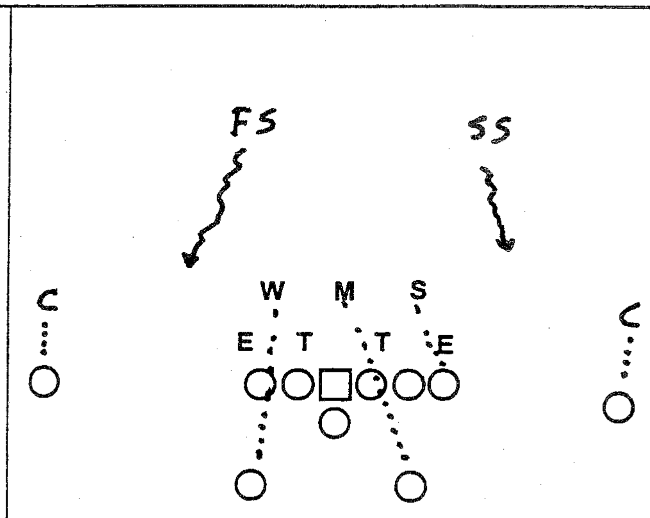


COVER 2 MAN

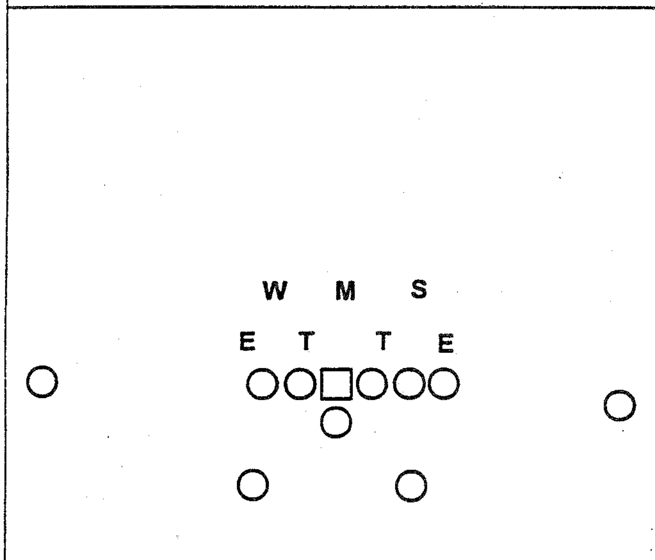
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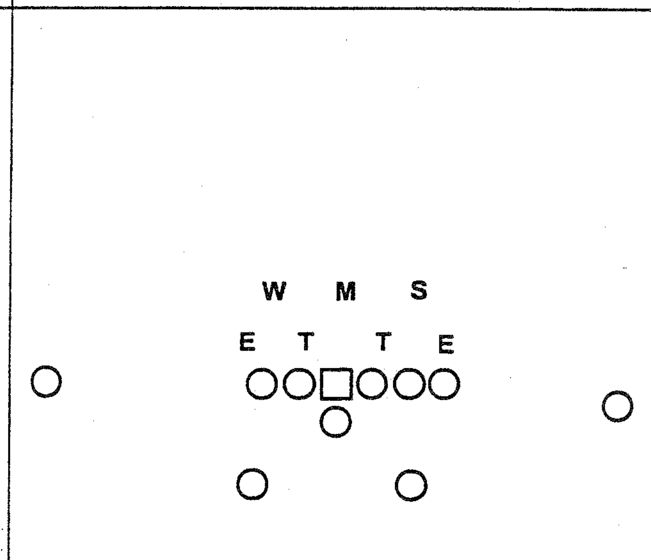


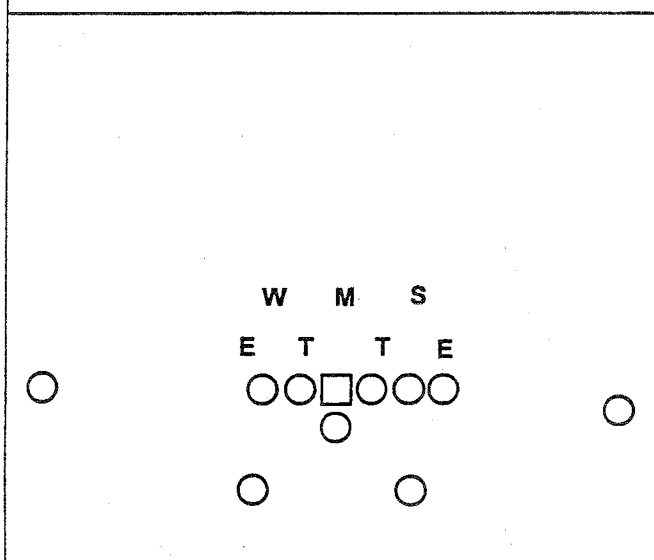
COVER 2 MAN VICE

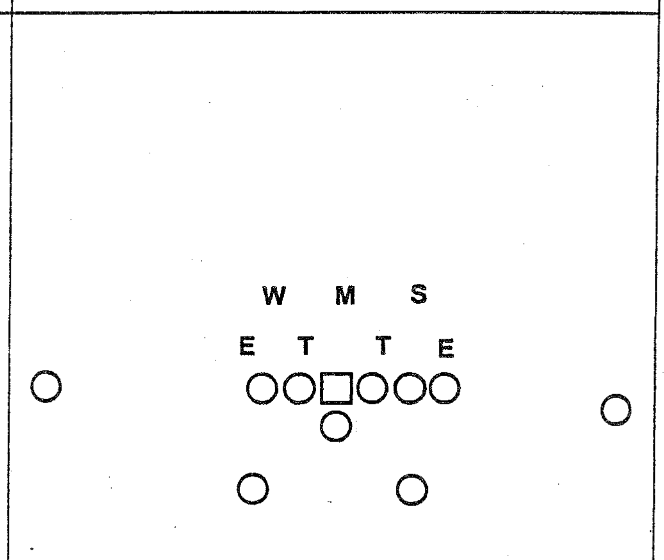


COVER 2 MAN DBL ROBBER

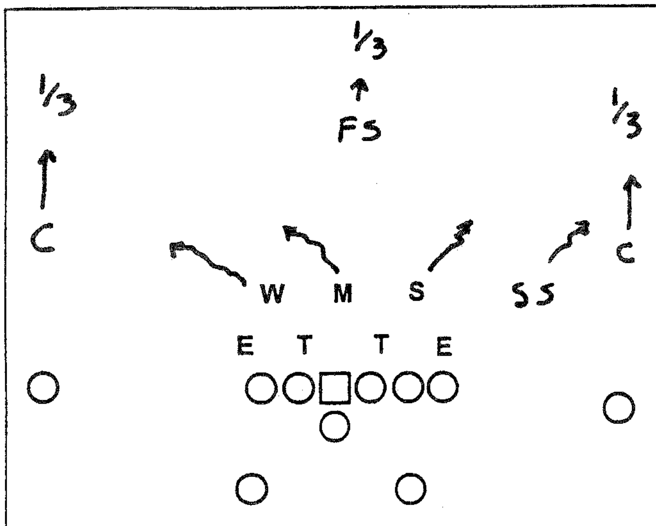




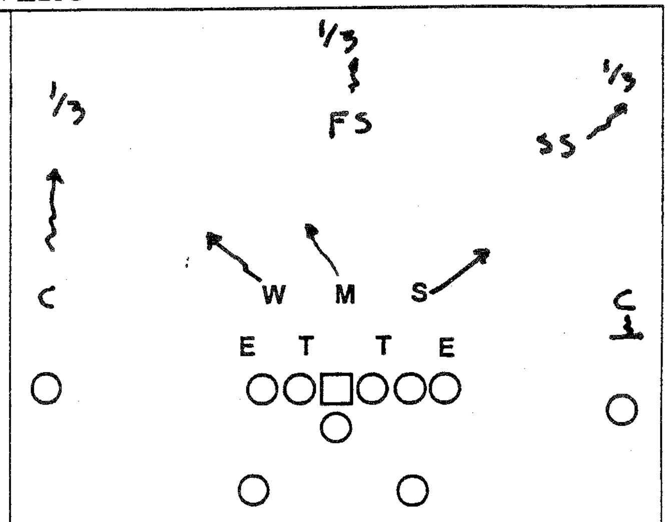




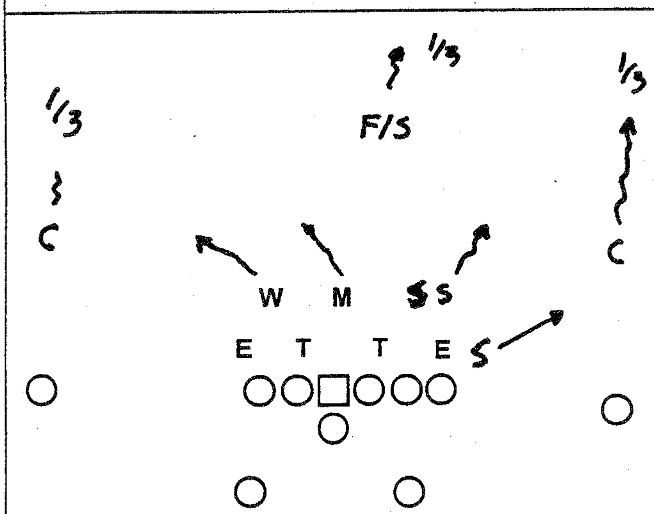
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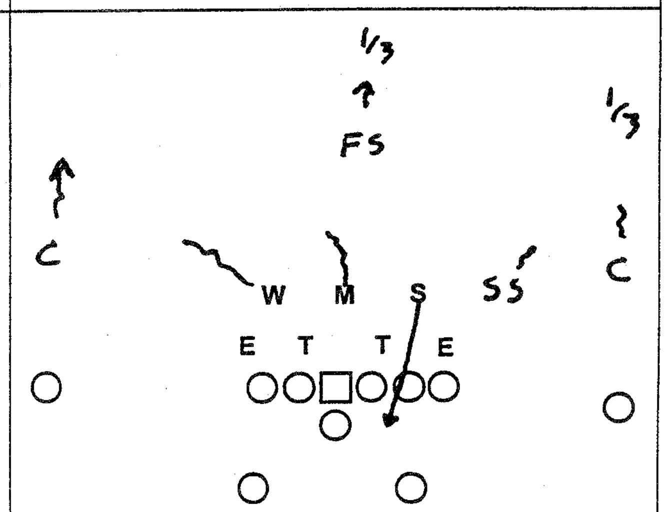
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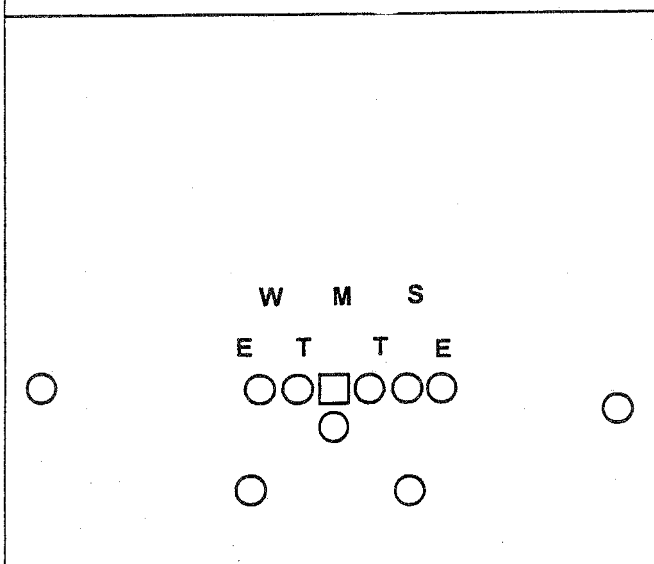
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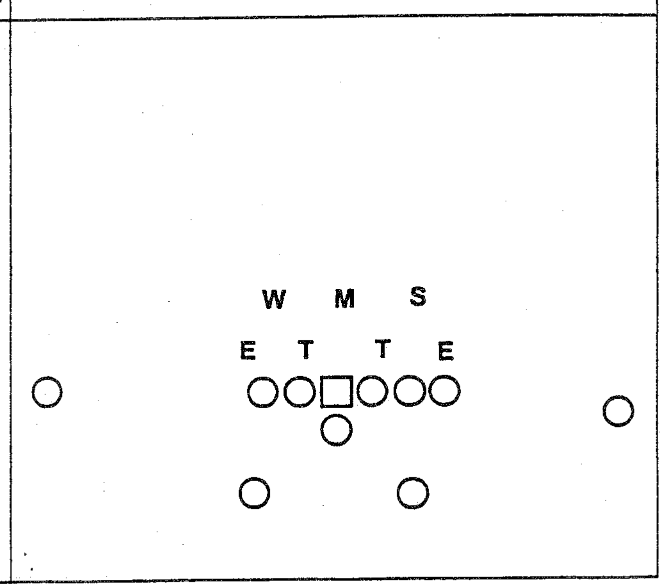


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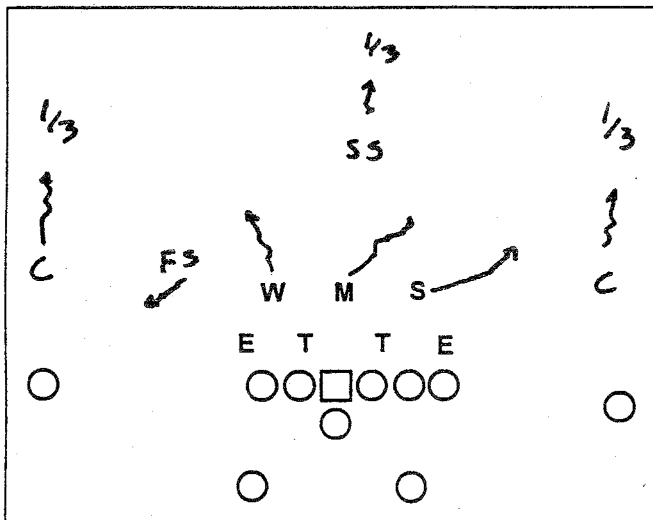


3 SKY CINCO

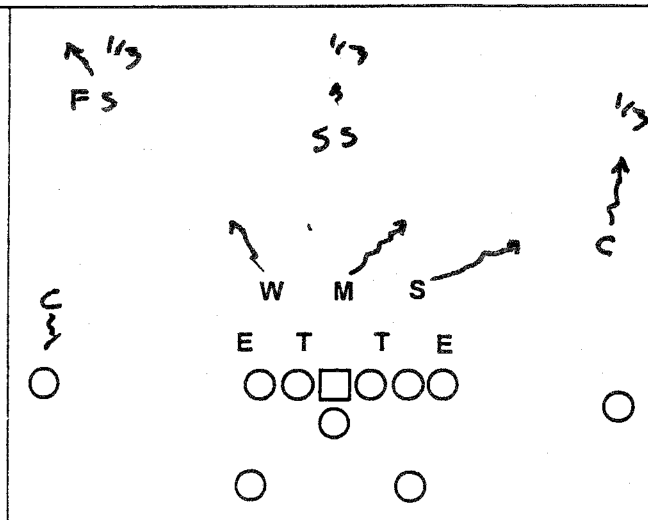




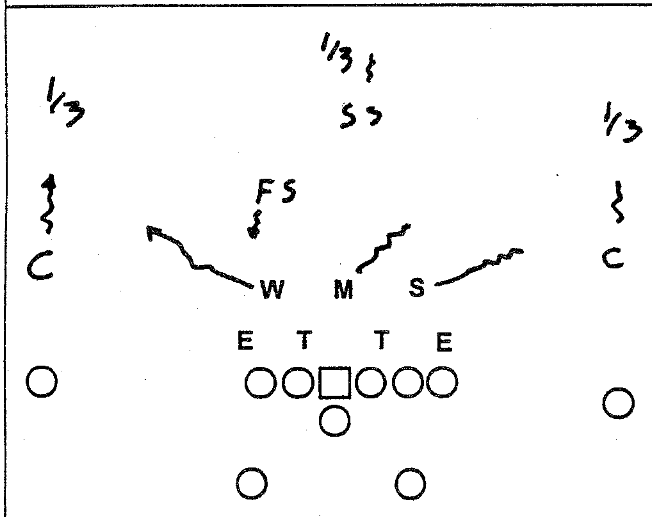
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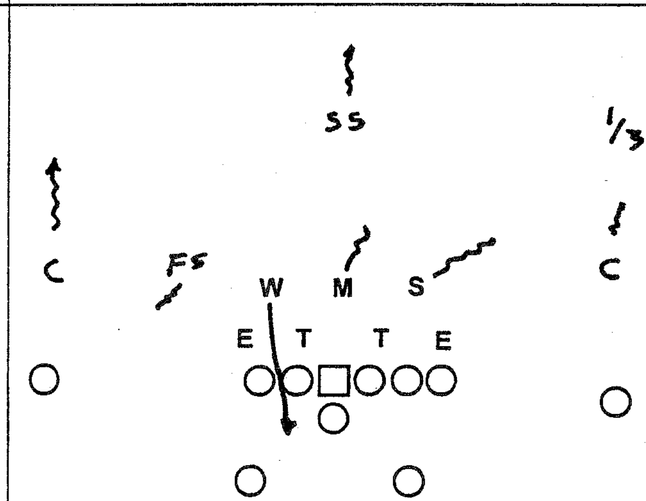
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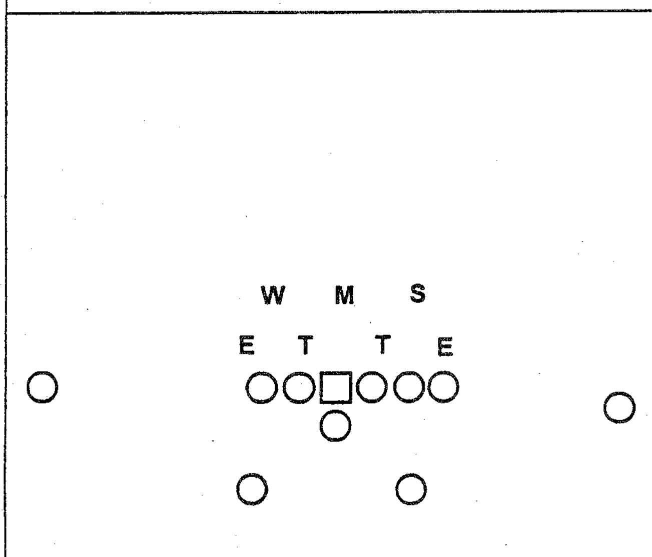
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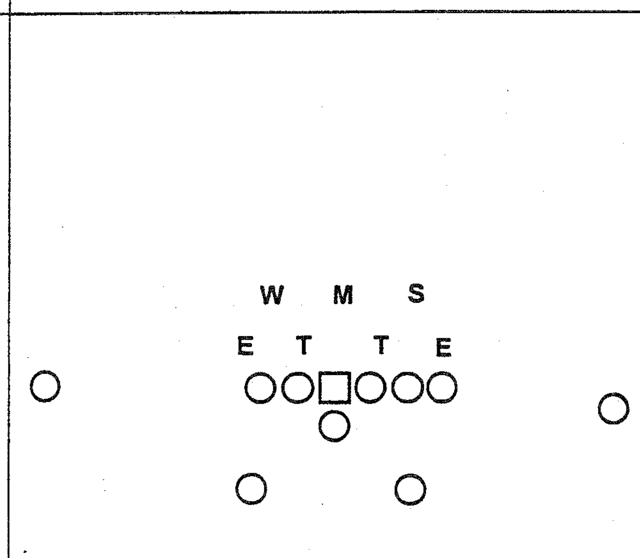


3 BUZZ WEAK

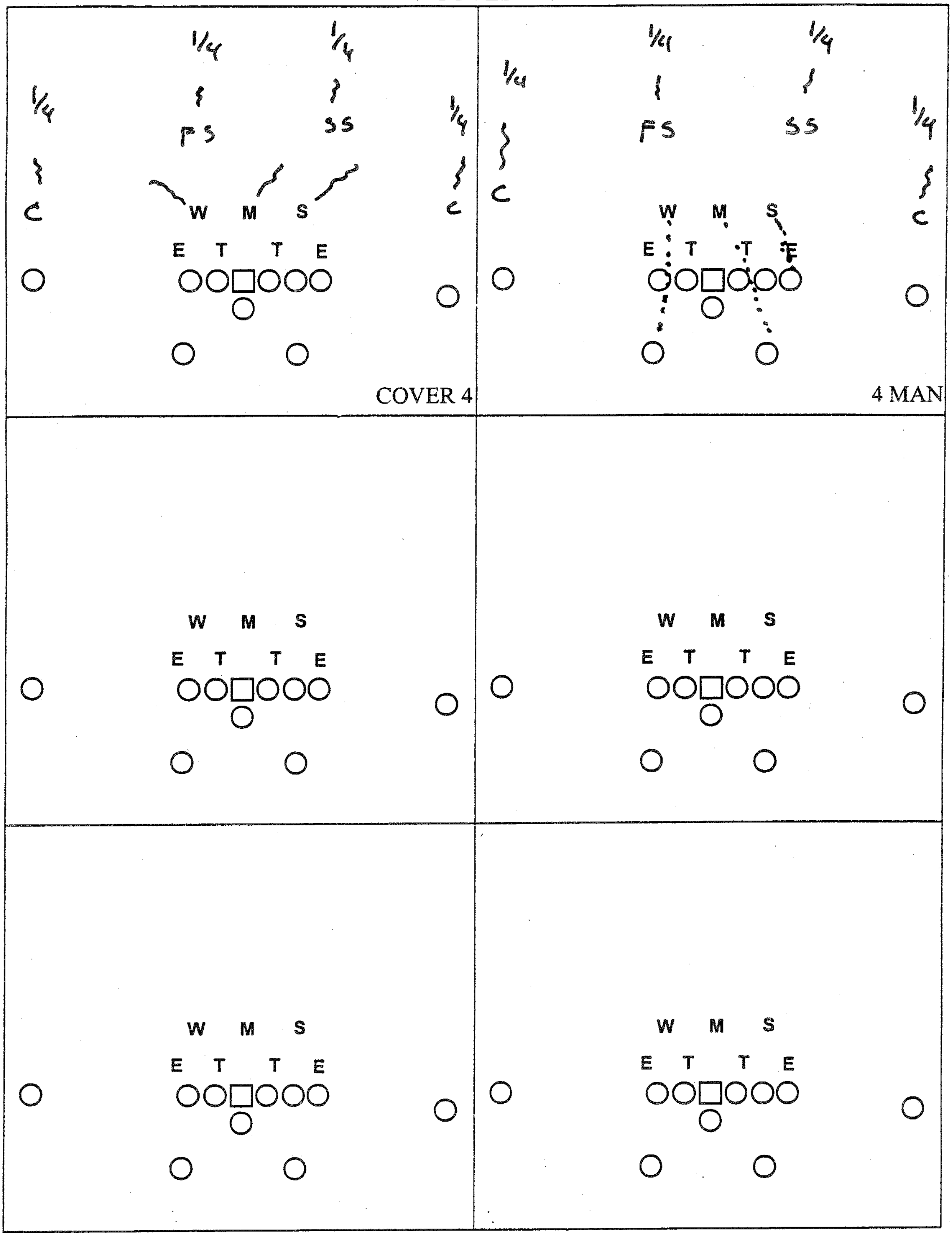


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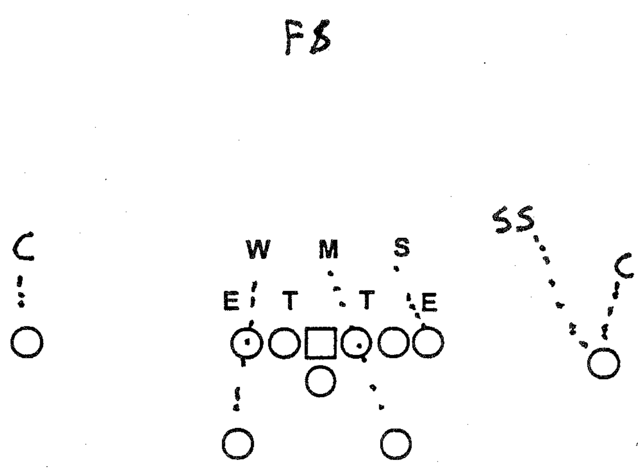




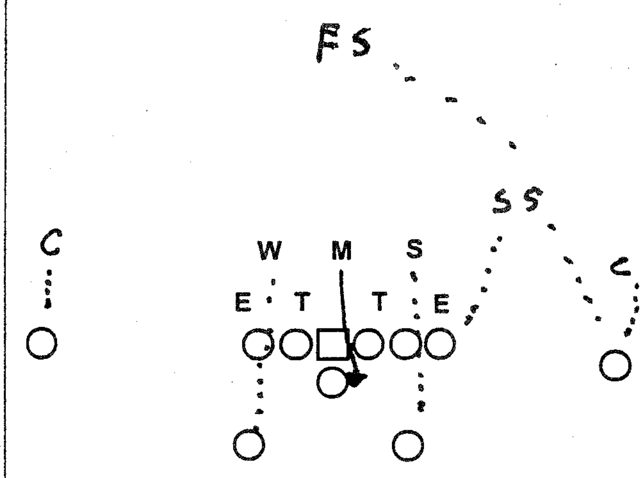
COVER 4


1/4 1/4 1/4 1/4
FS SS
C W M S C
E T T E
COVER 4
1/4 1/4 1/4 1/4
FS SS
C W M S C
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4 MAN
W M S
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W M S
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E T T E

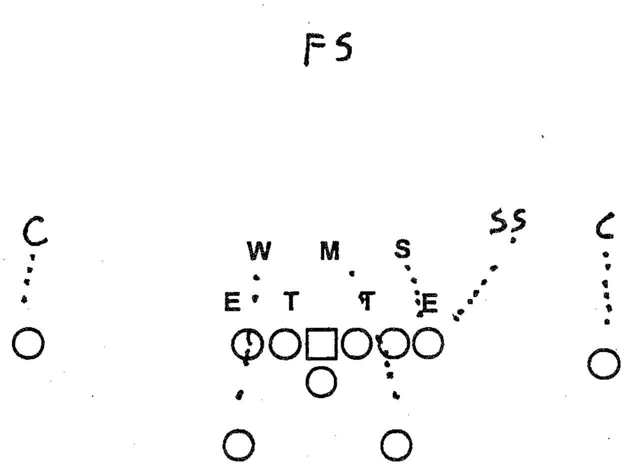
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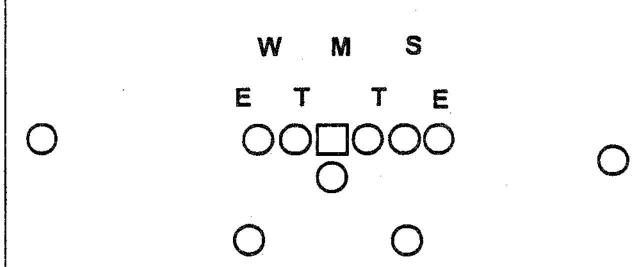
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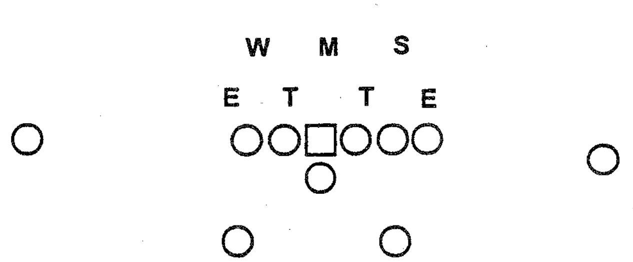


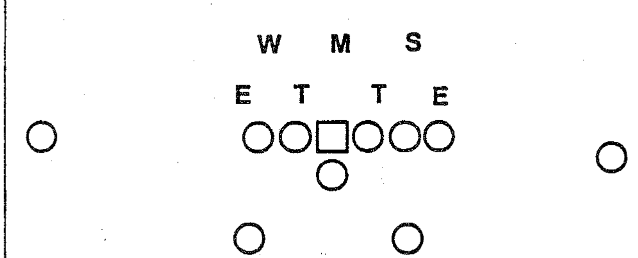
COVER 5 Z CINCO



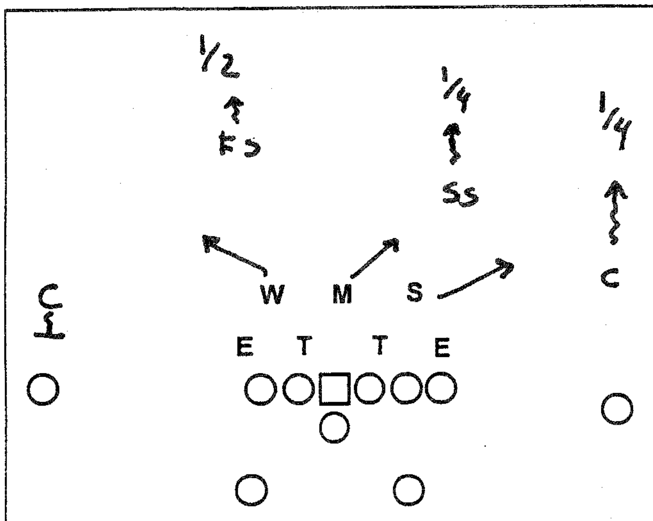
COVER 5 Y



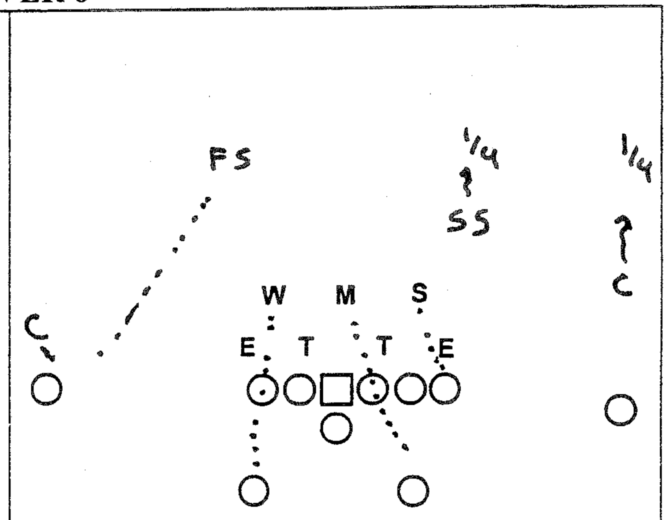




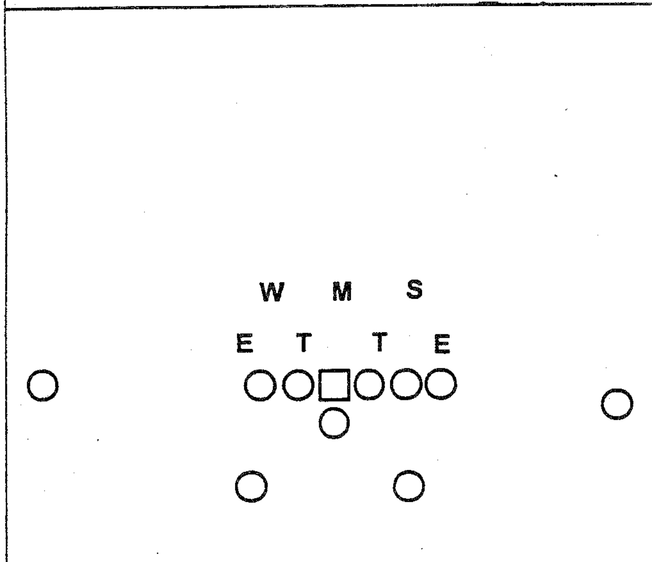
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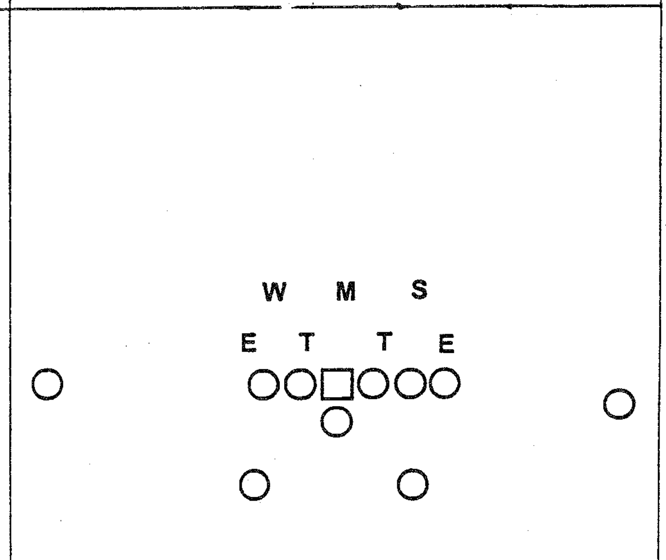


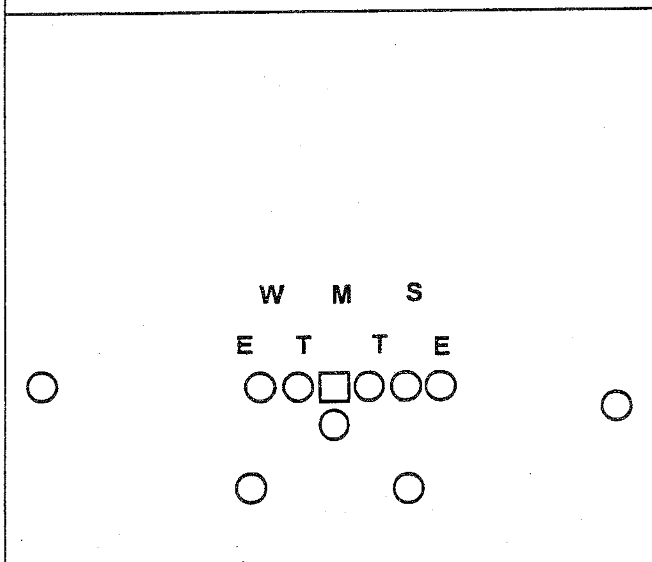
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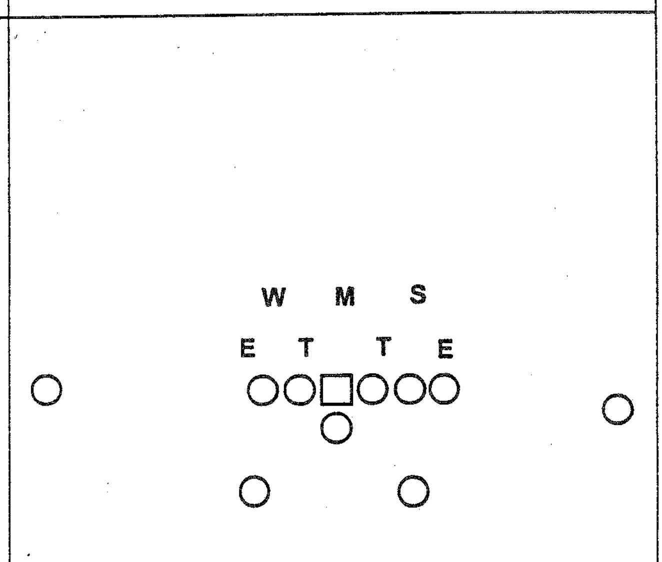


6 VICE (ACE)

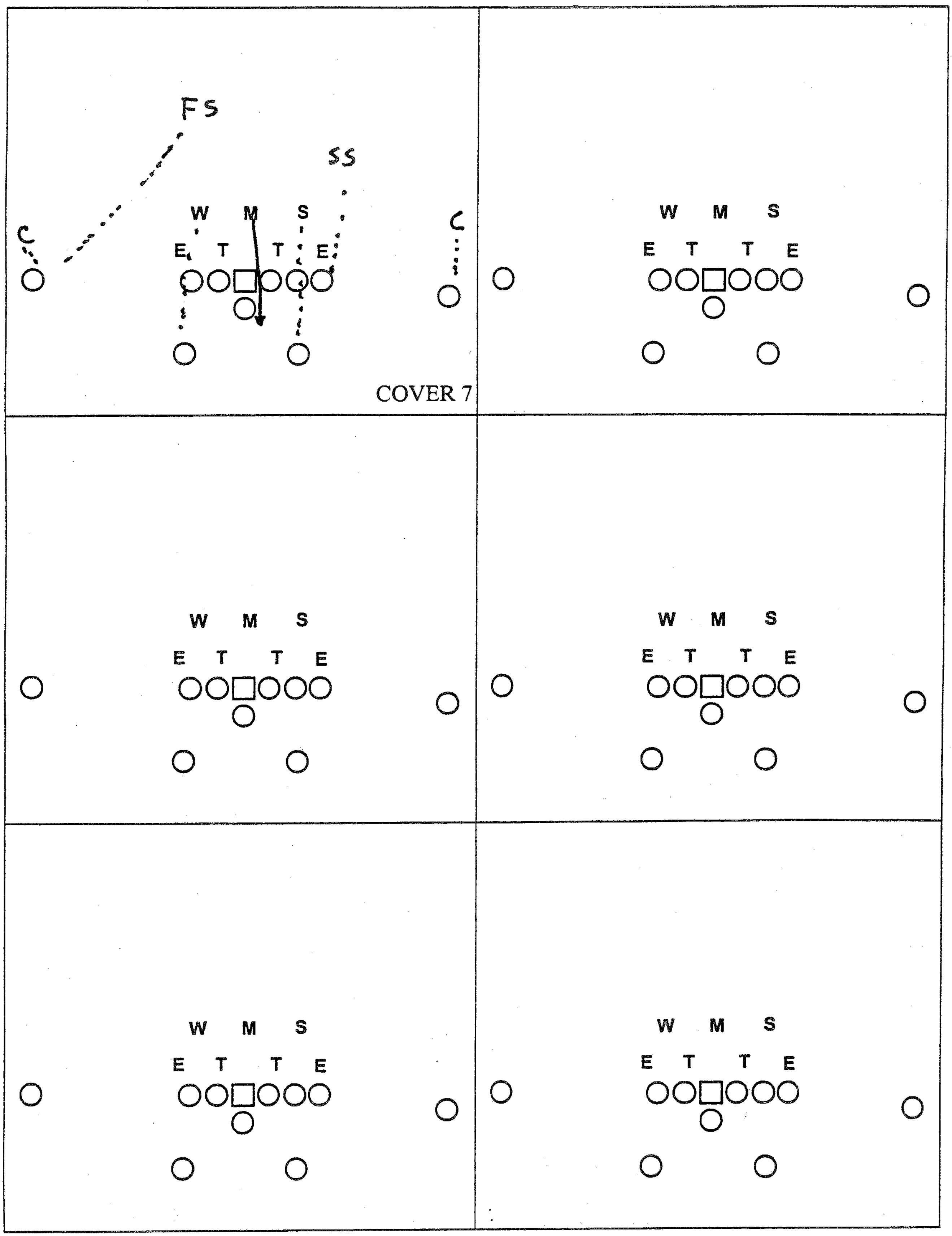




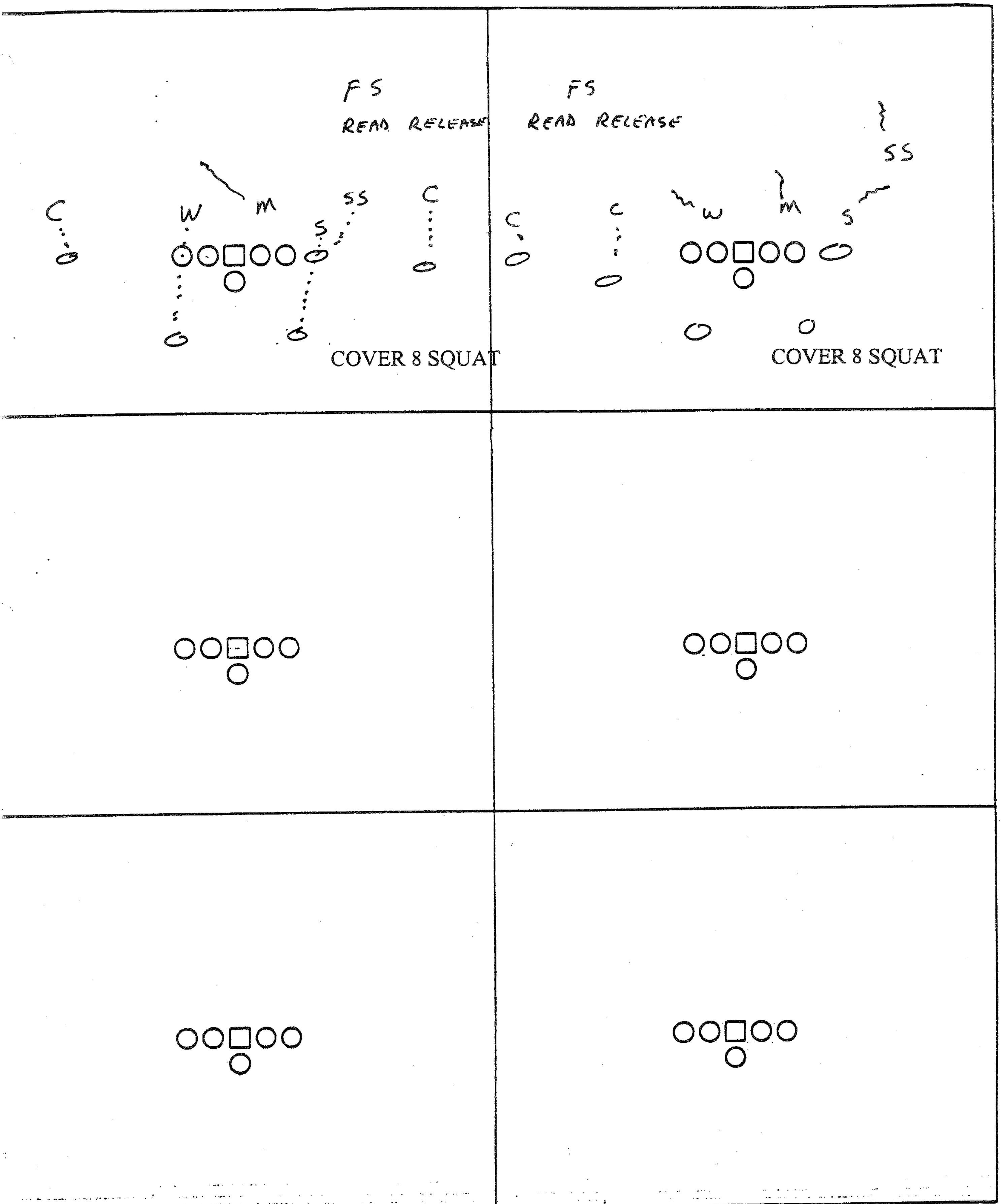




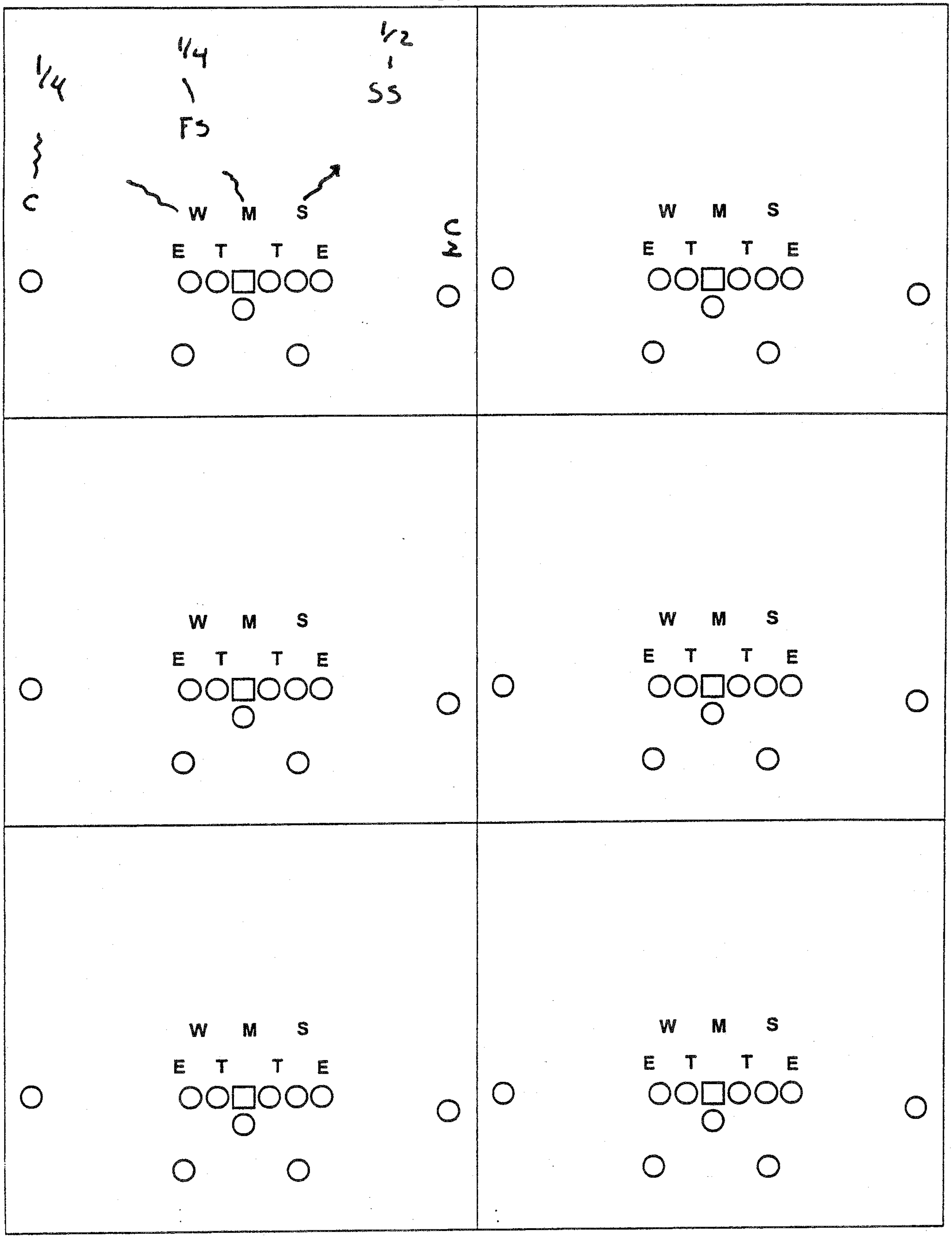
COVER 7



COVER 8 SQUAT



COVER 9


1/4
1/4
1/2
FS
SS
C
C
W M S
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W M S
E T T E
W M S
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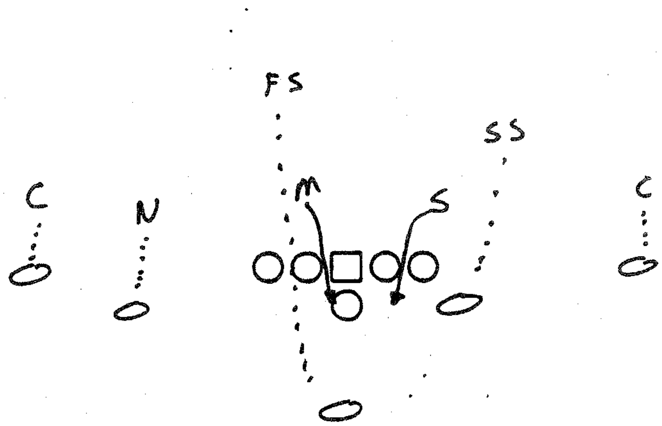
CALLING NICKEL COVERAGES

Nickel coverages are indicated by two digits. The first digit is the strong side (2 receivers) and the second digit is the weak side.

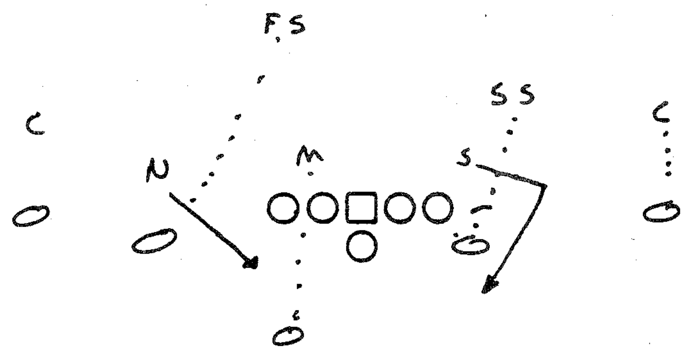
Examples: 3 Sky/3 Buzz
11 Robber
22 Man

Defensive Groupings

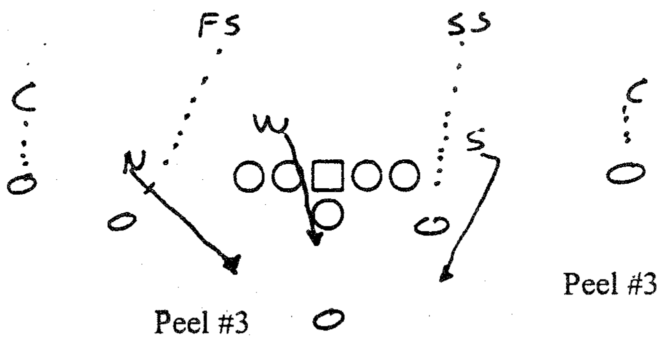
Nickel	=	5 DB's
Dime	=	6 DB's
Dollar	=	7 DB's



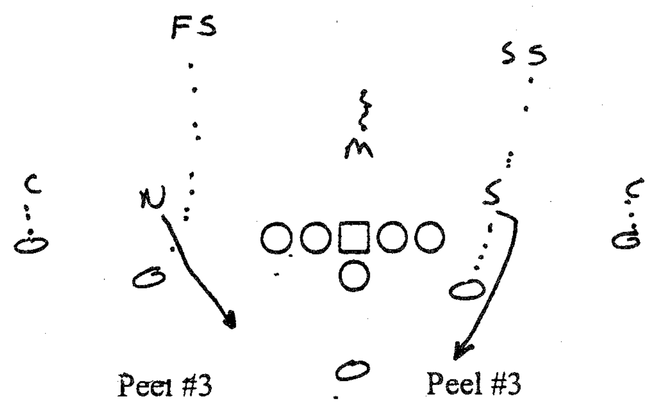
COVER 00 (M + S)



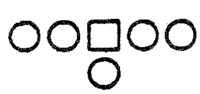
COVER 00 (N + S)

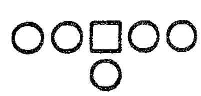


COVER 00 (N + W + S)

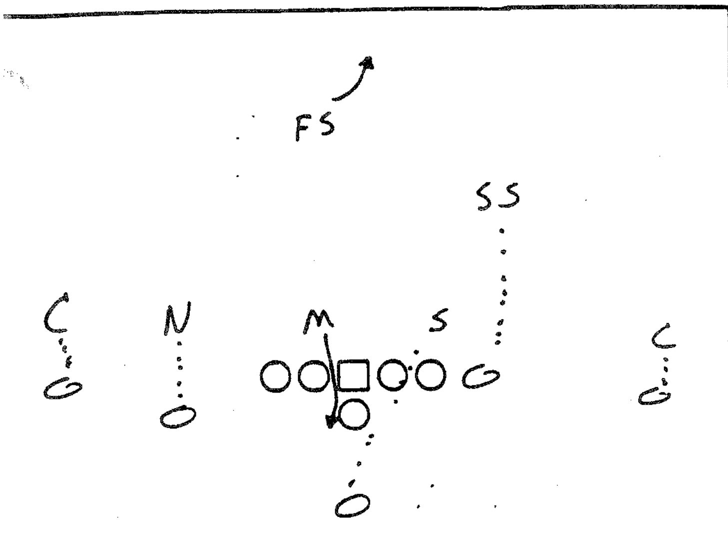


COVER 00 HOLE

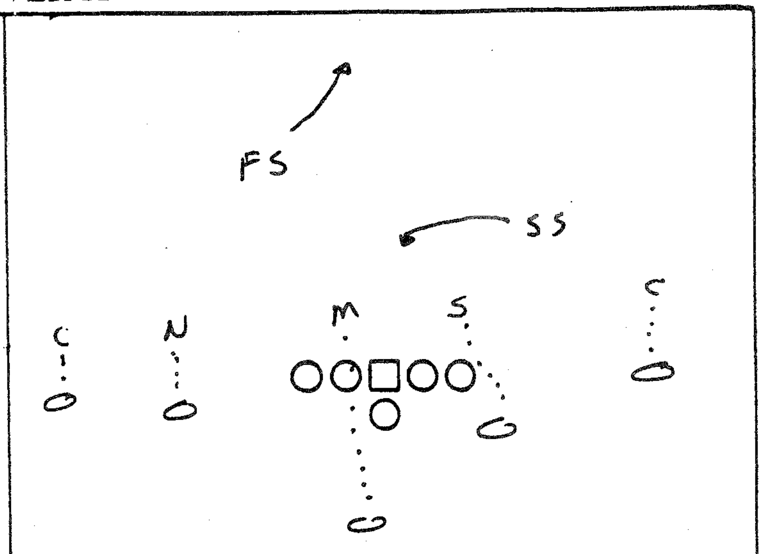




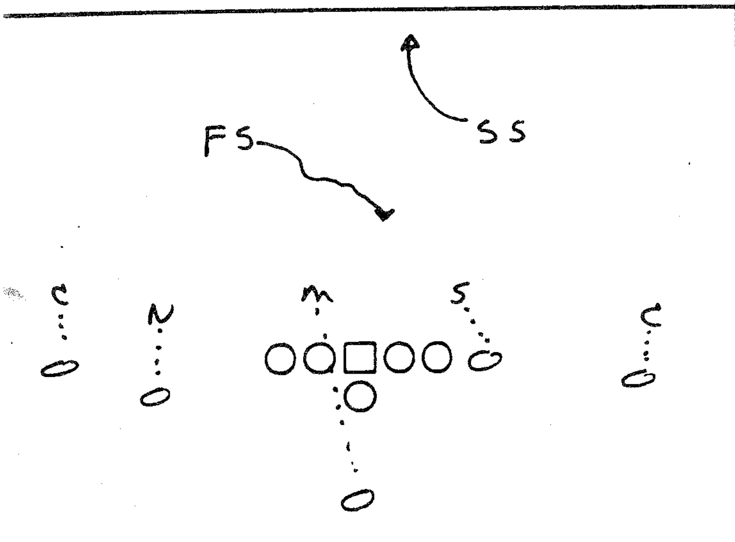
COVER 11



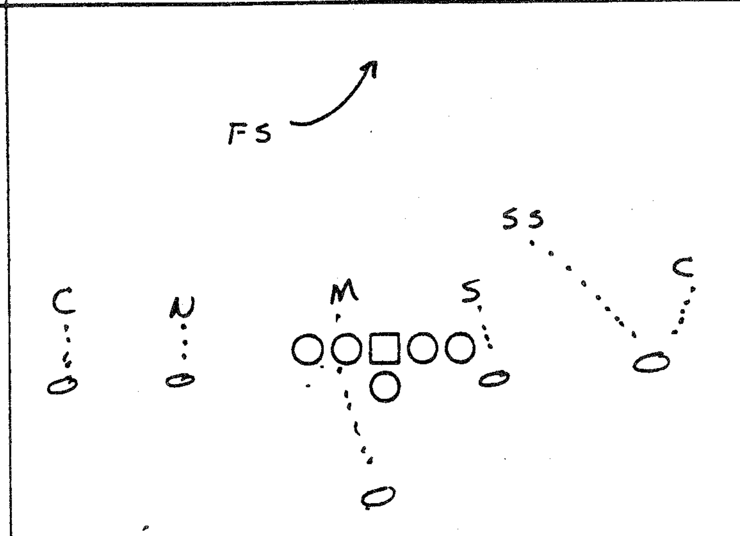
COVER 11 CINCO



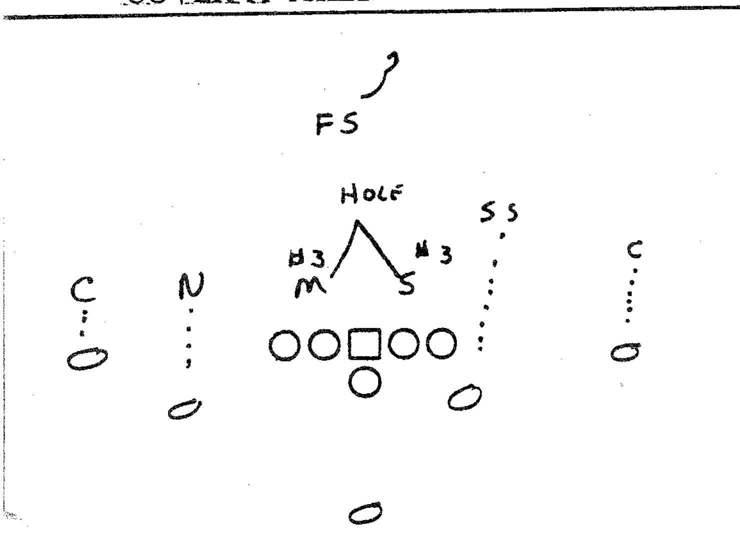
COVER 11 ROBBER



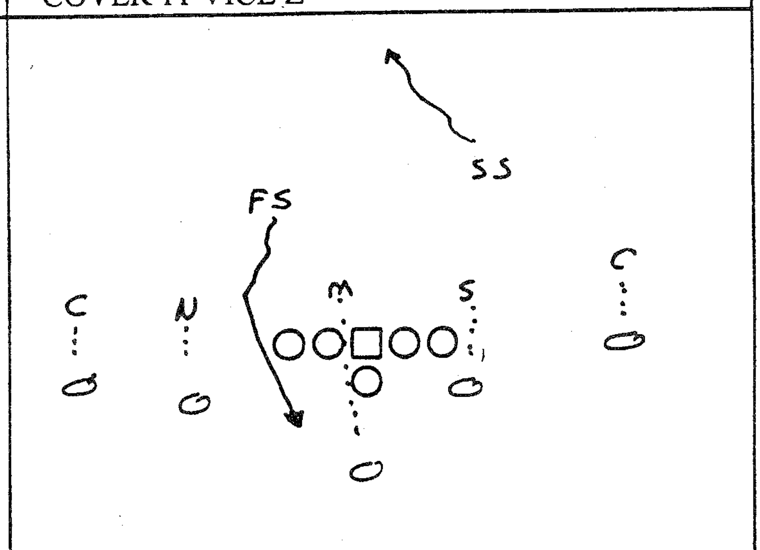
COVER 11 THIEF



COVER 11 VICE Z

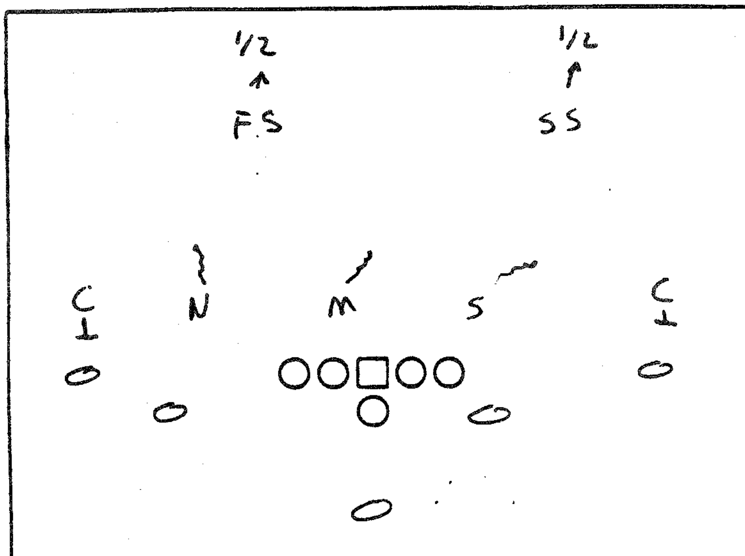


COVER 11 HOLE

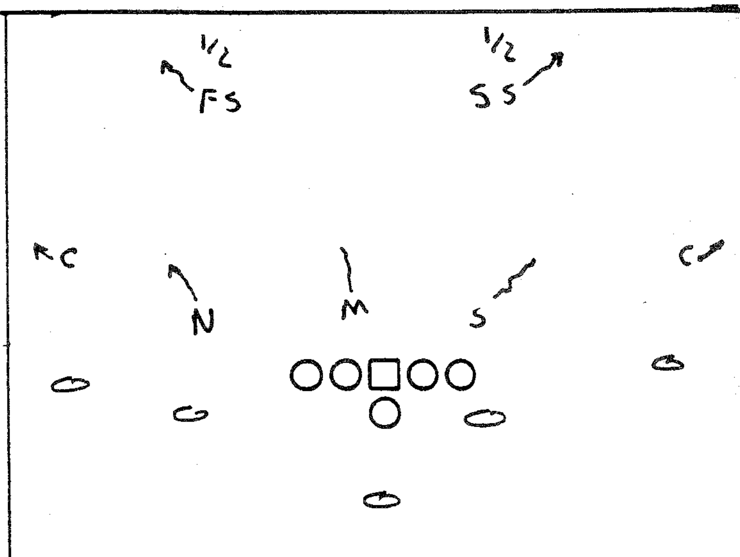


COVER 11 WEAK CINCO (FS-D)

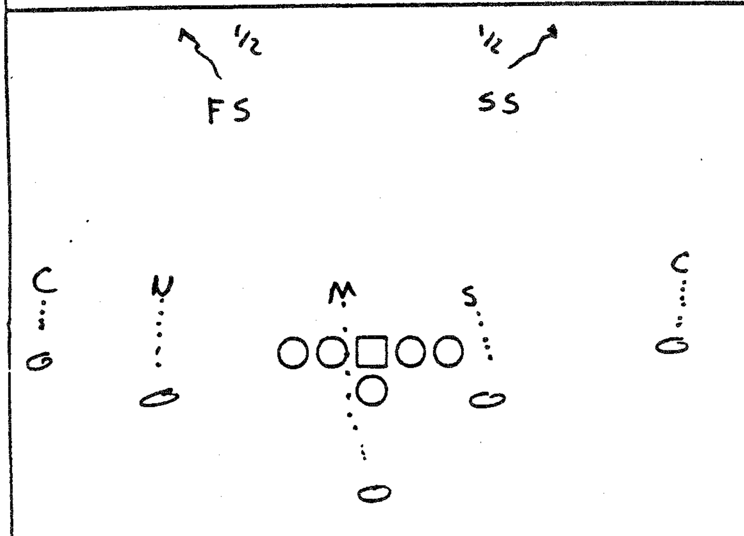
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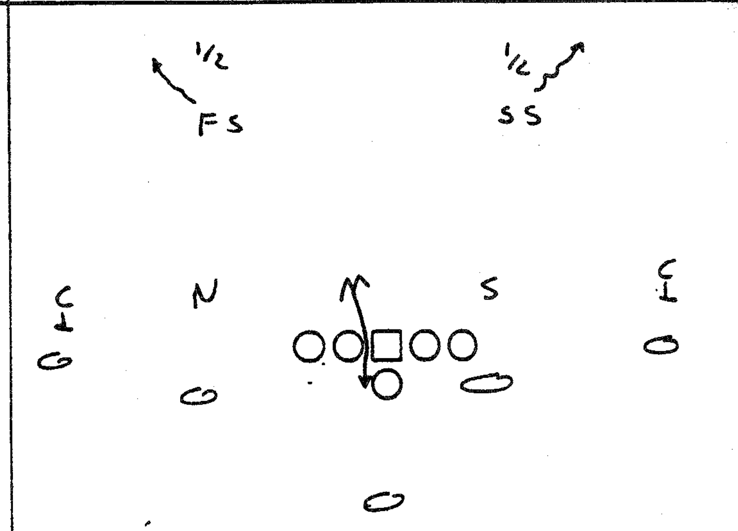
COVER 22



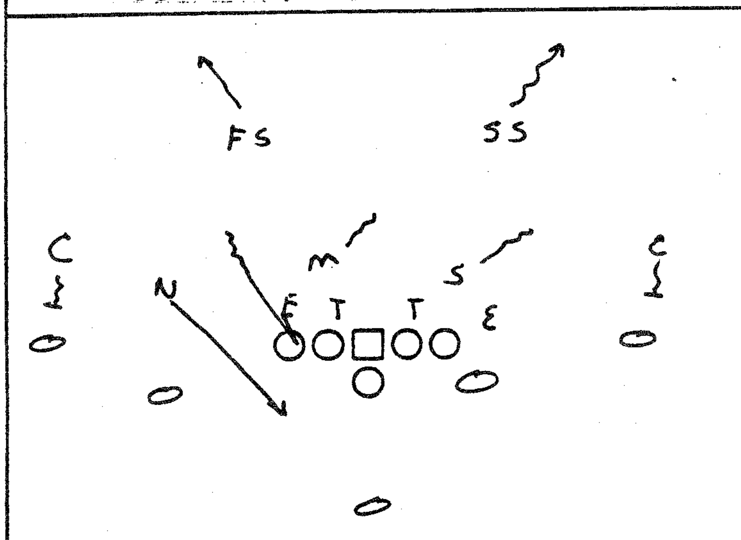
COVER 22 CATCH



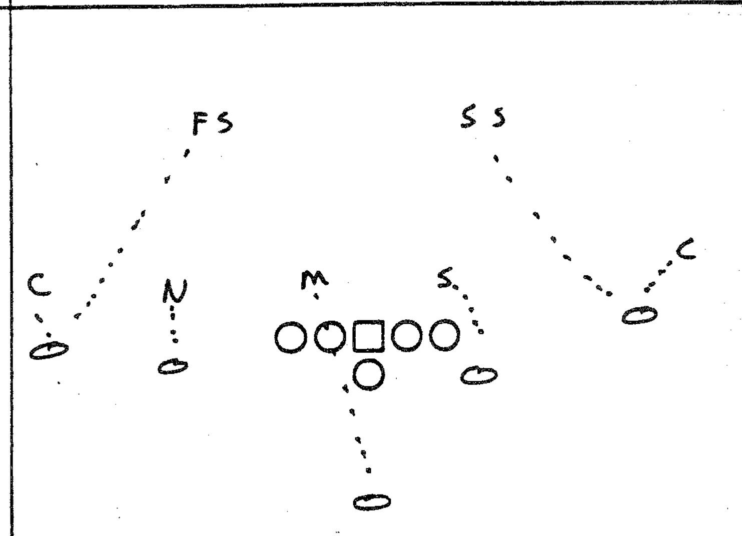
COVER 22 MAN



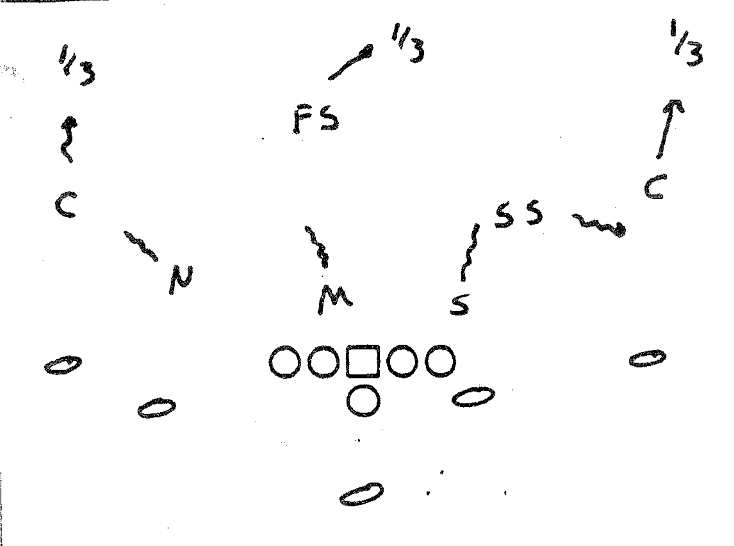
COVER 22 CINCO



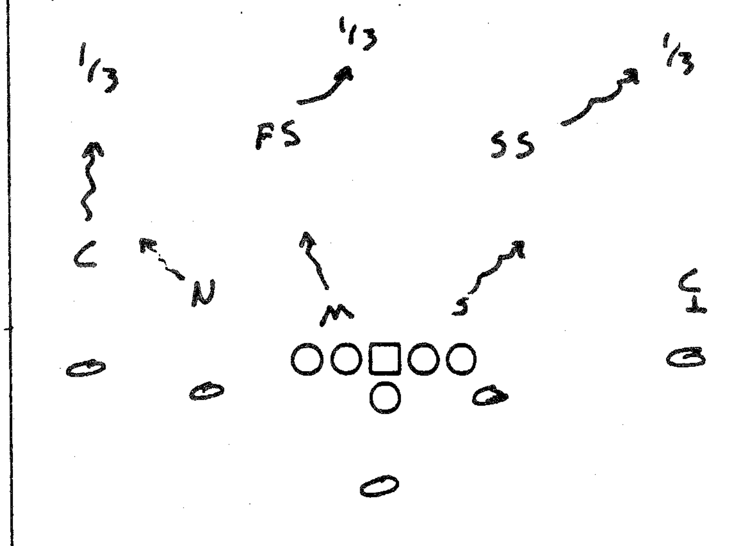
COVER 22 SPY



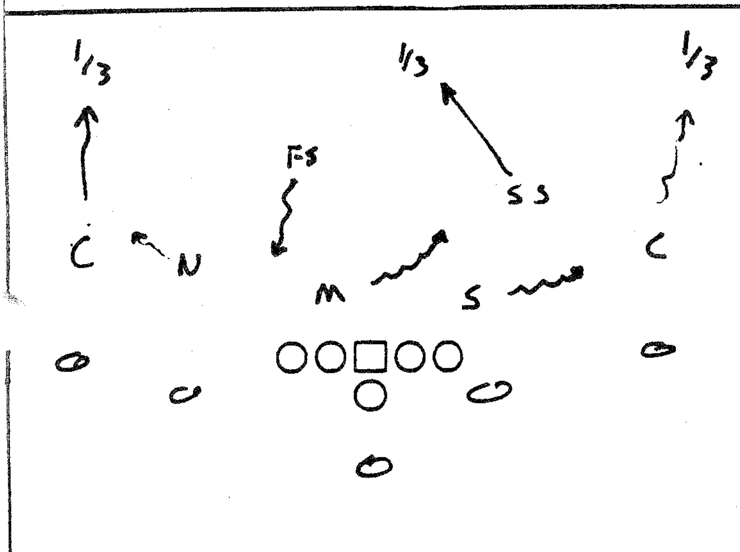
COVER 22 WEAK MAN VICE



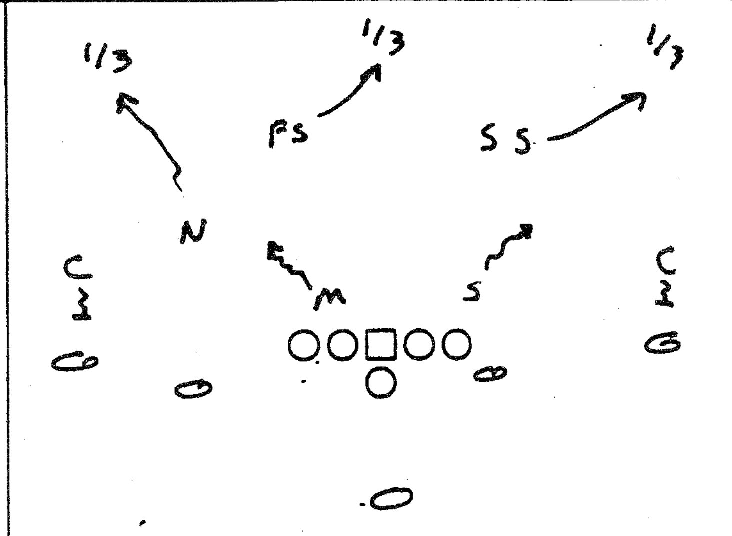
33 DBL SKY



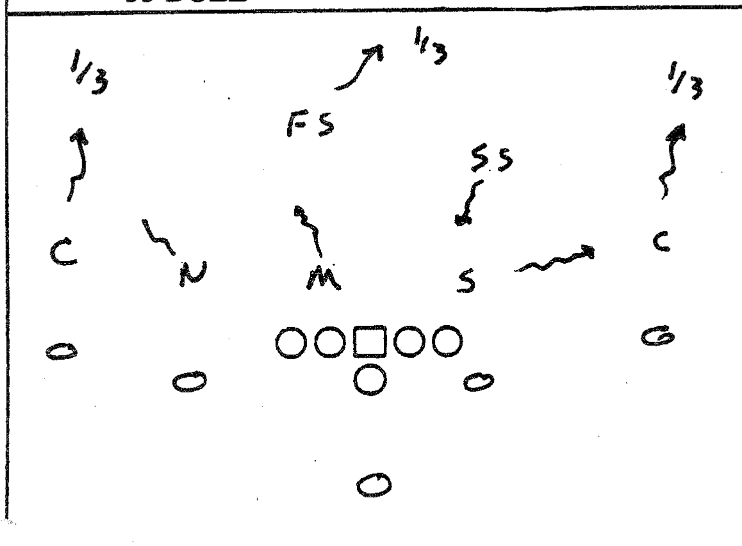
3 SKY/3 CLOUD



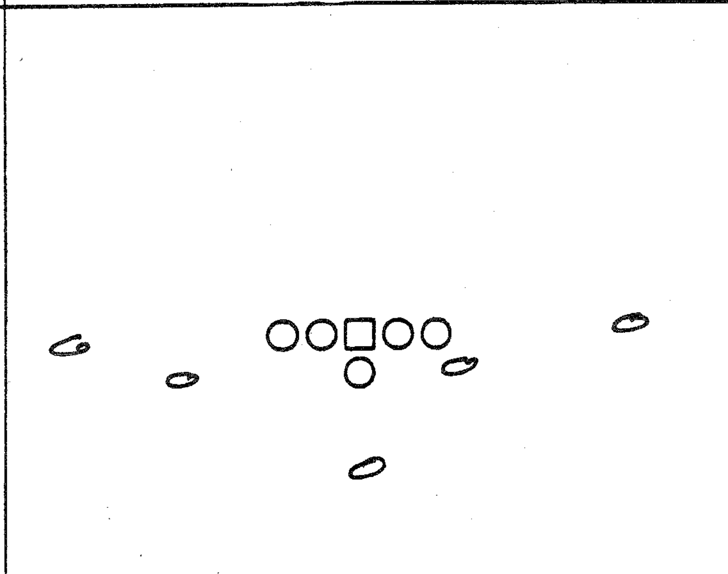
33 BUZZ



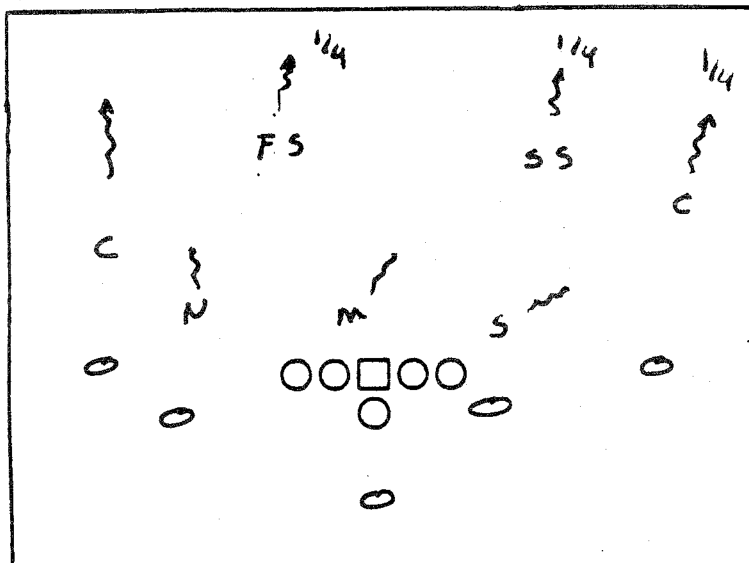
33 DBL CLOUD



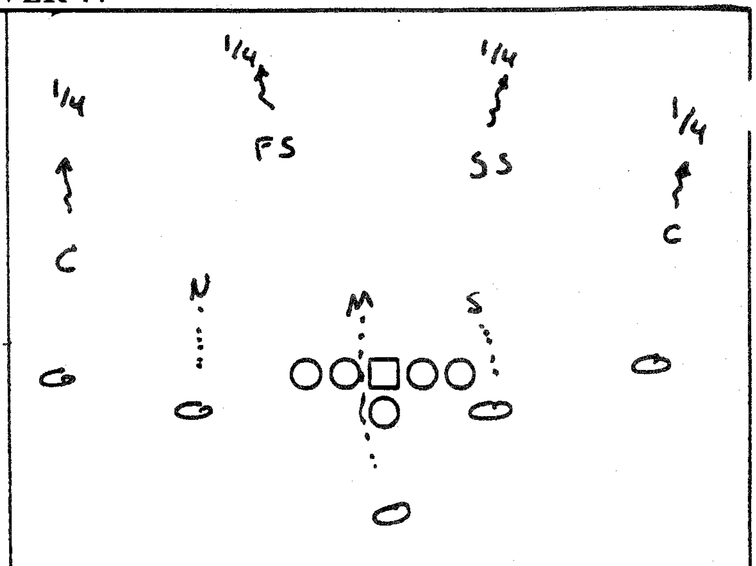
33 WEAK BUZZ



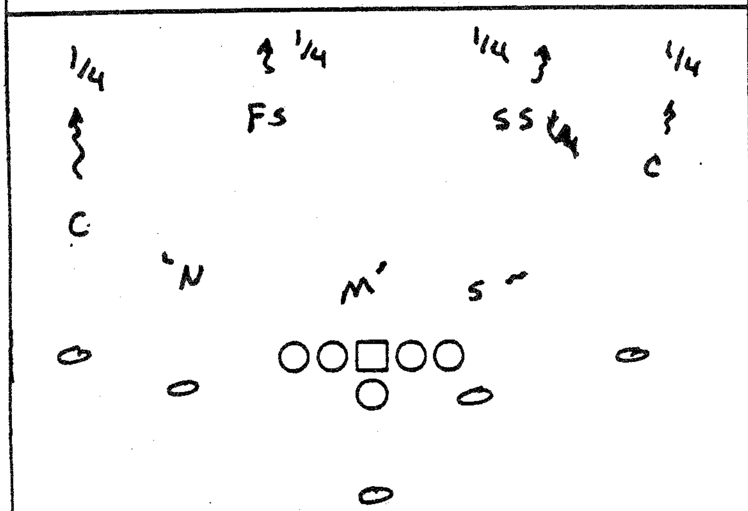
COVER 44



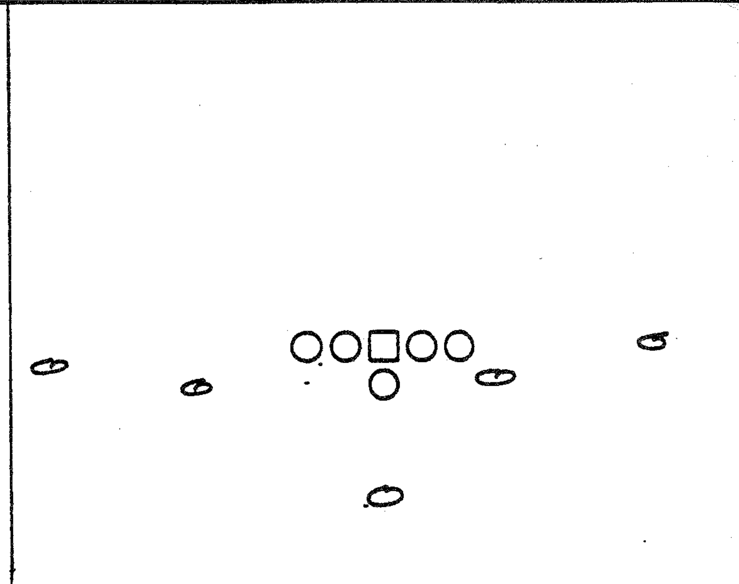
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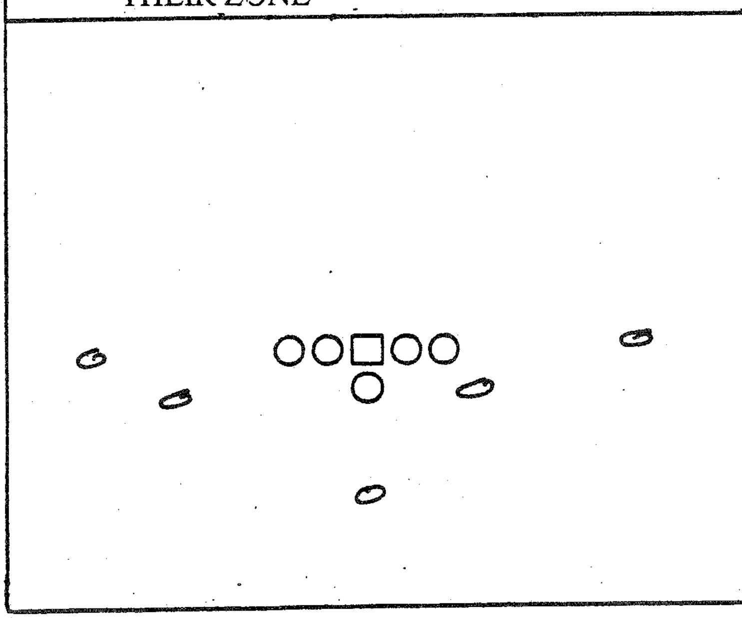


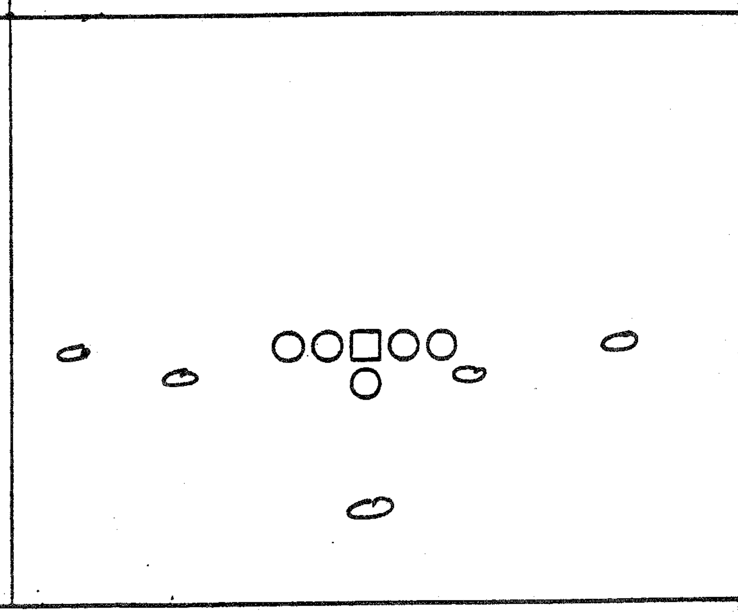
44 MAN

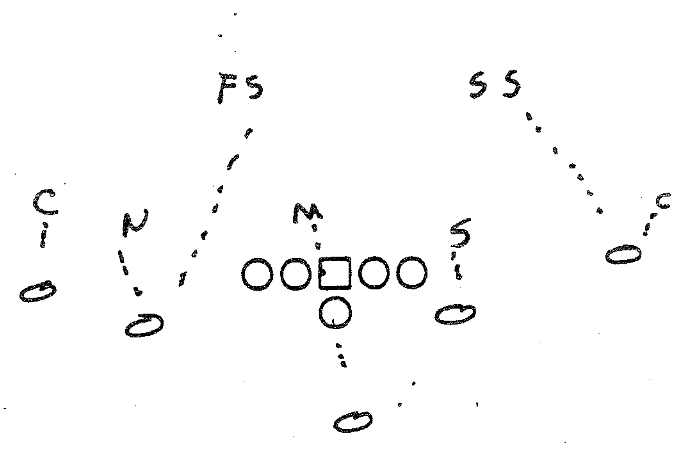


44 MATCH (N, M, S MATCH MAN IN THEIR ZONE

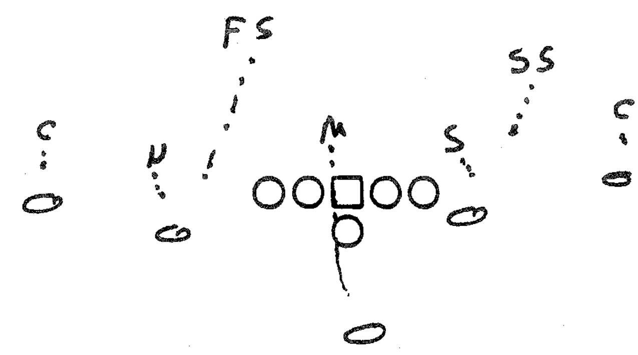




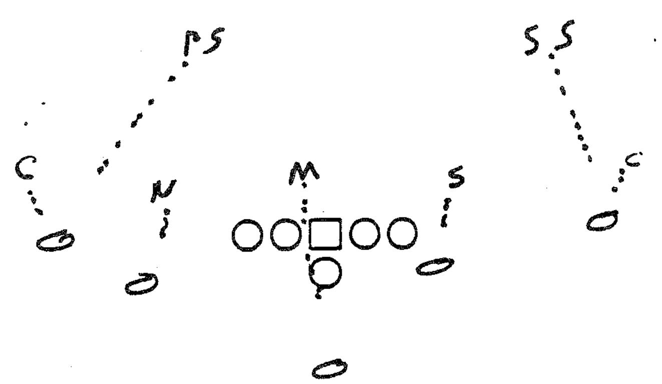




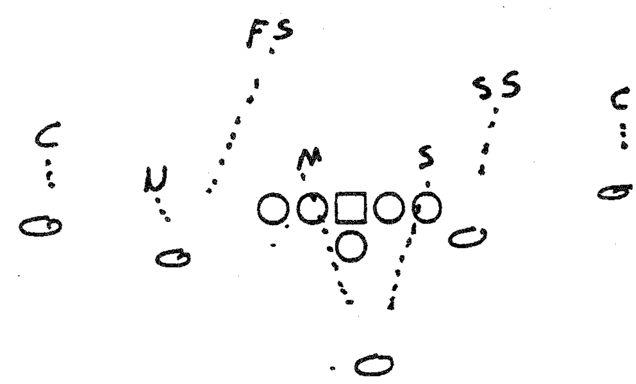
55 F & Z



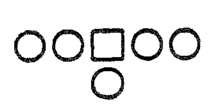
55 F & Y

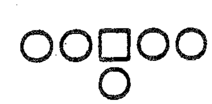


55 X & Z

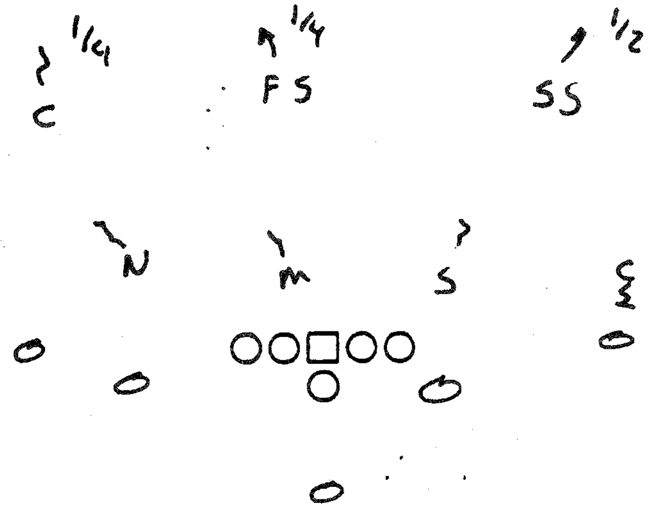


55 F & H

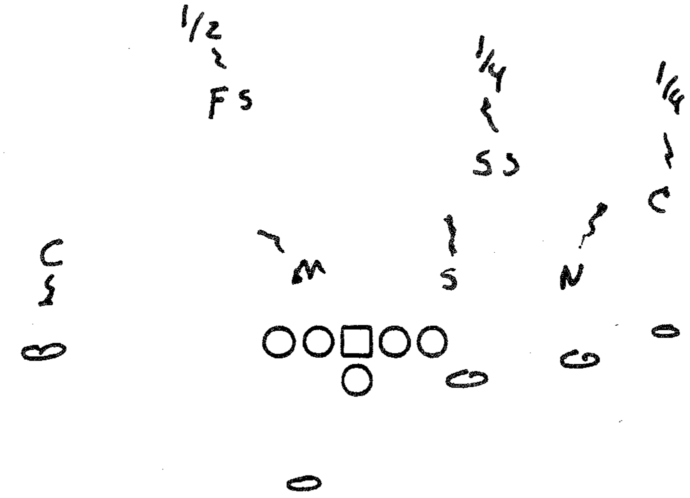




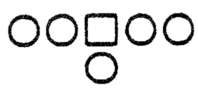
COVER 66

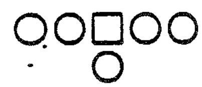


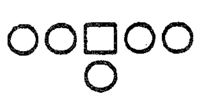
COVER 66

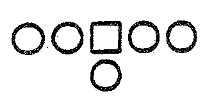


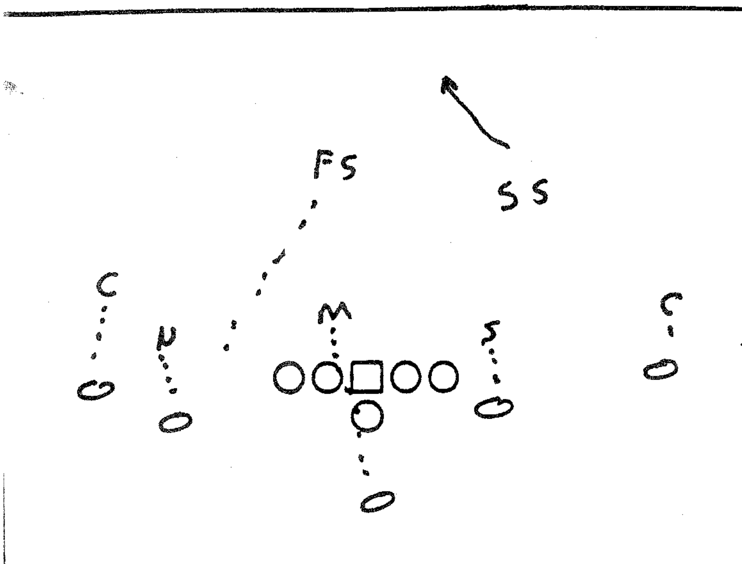
COVER 66



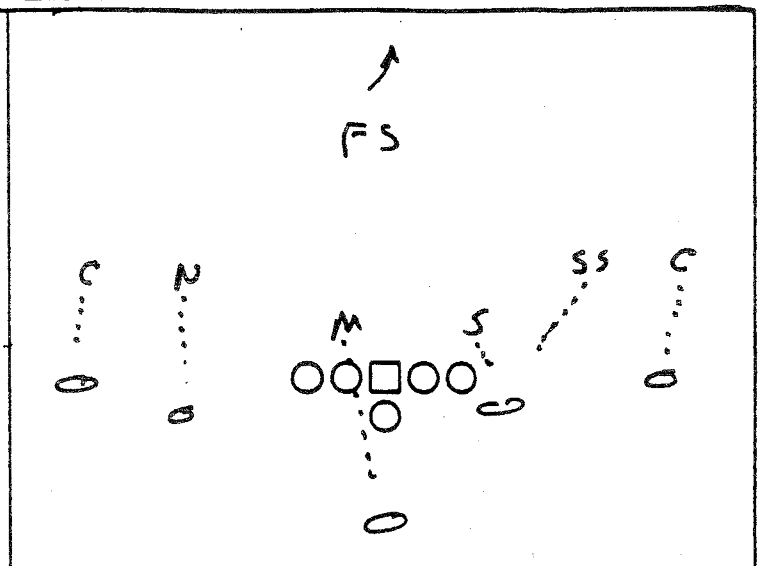




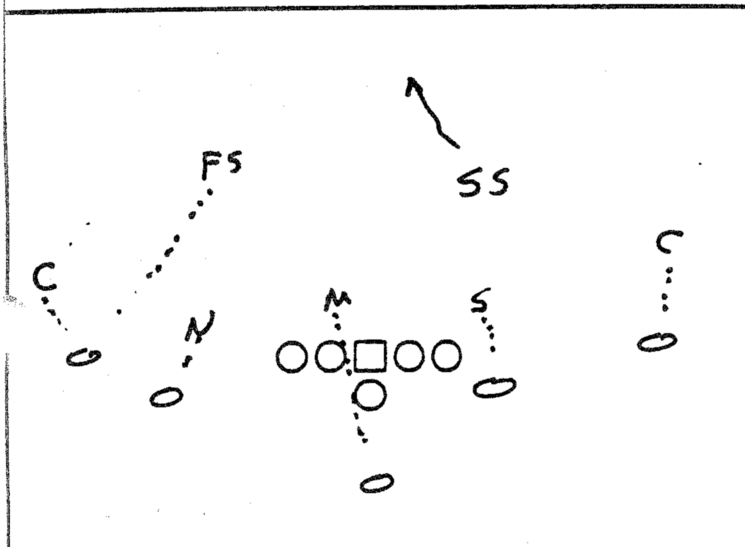




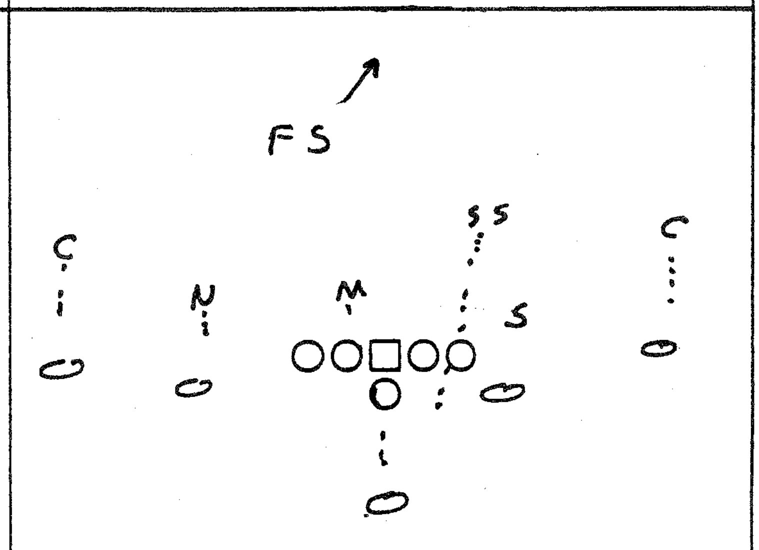
17 F



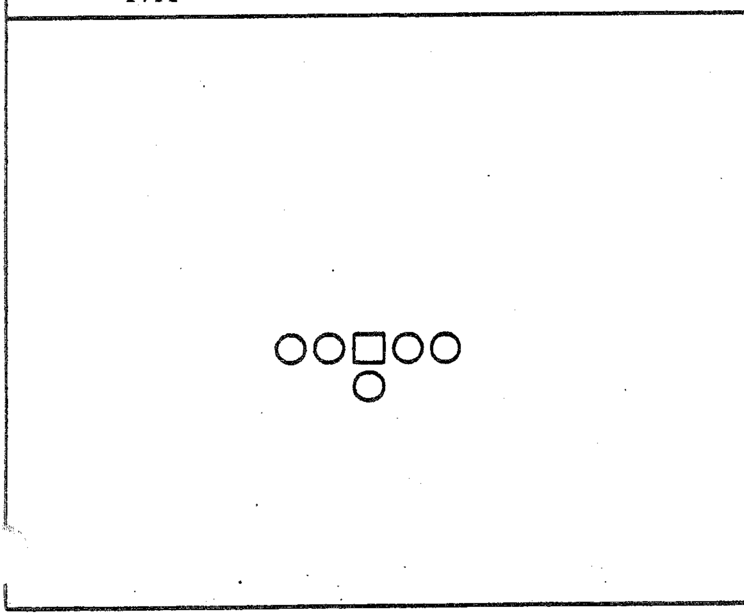
17 Y

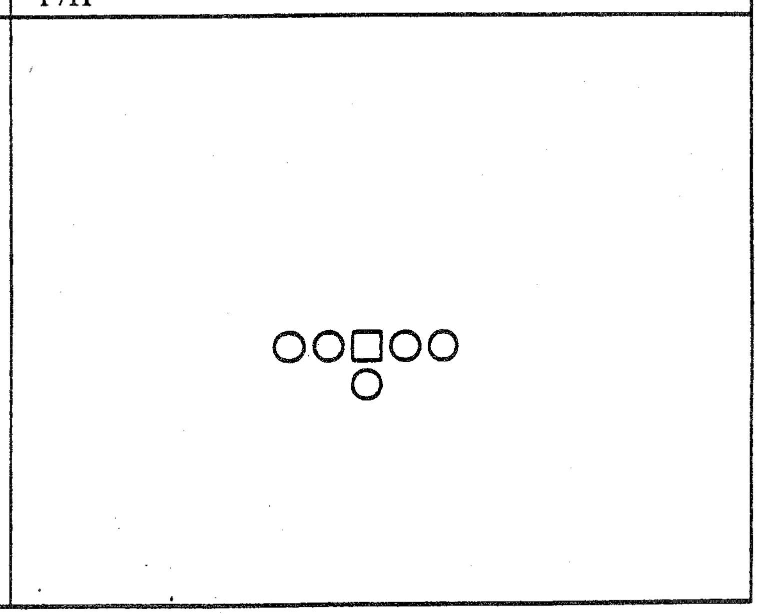


17X

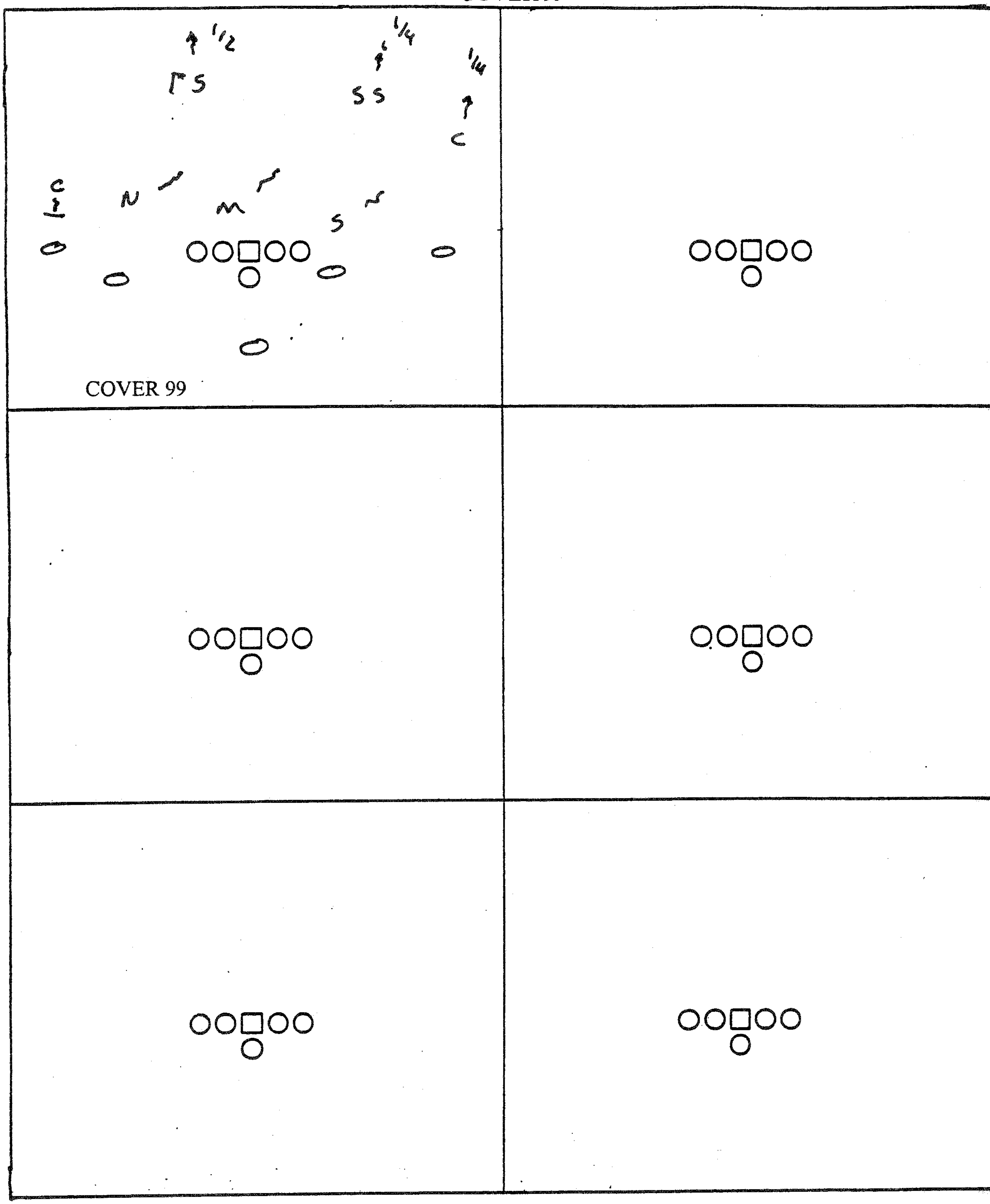


17H





COVER 99



INSIDE RUNS

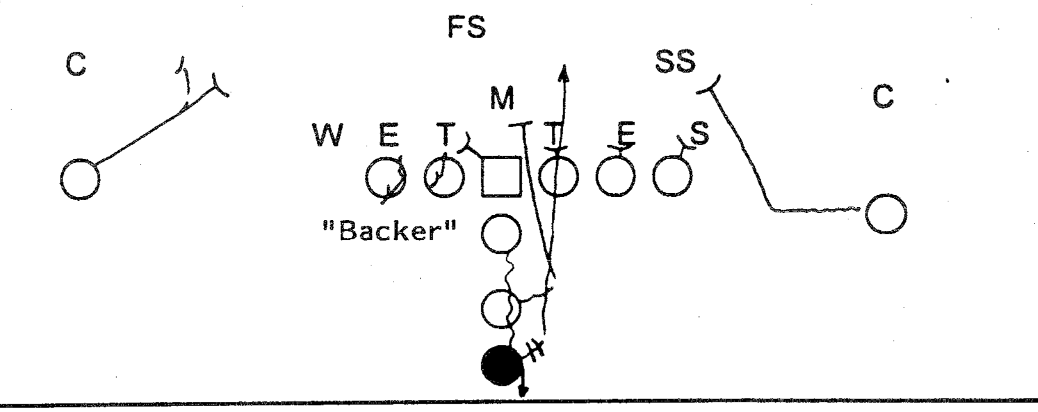
DRAW

ZONE

Play LEAD DRAW RT | Basic Blocking: DRAW

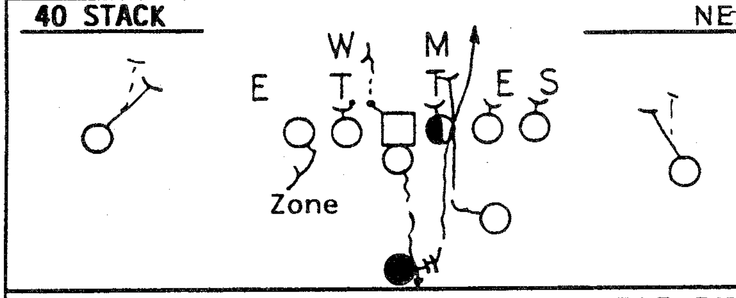
Formations:

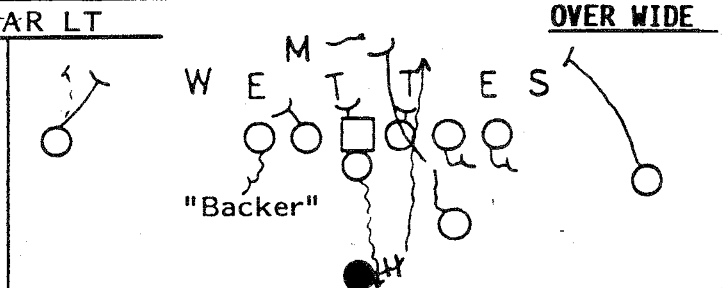
I
NEAR
FAR MOTION
I ZIP
I ZOOM
TWINS MOTION



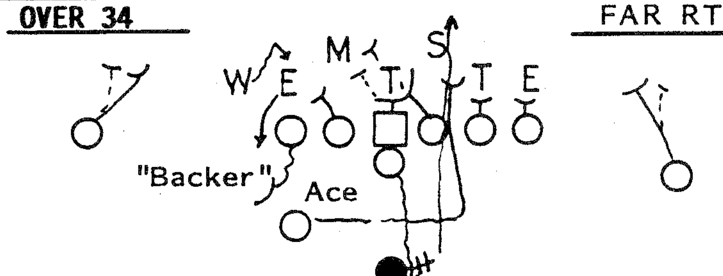
Ball Carrier:	Aiming point, A gap. Steps: step, lateral slide and go. Read N,T,M cluster.
Back:	Step up. Block the first bubble LB from the outside in.
Y:	Base man on, possible "Out" call. Alert "Bear".
X:	Backside - Cut Off
Z:	Playside - Block 1st force.

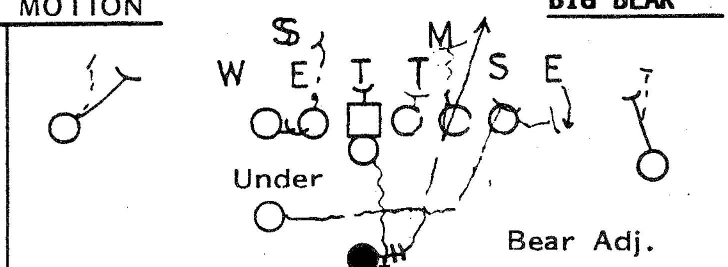
40 STACK NEAR LT **OVER WIDE**



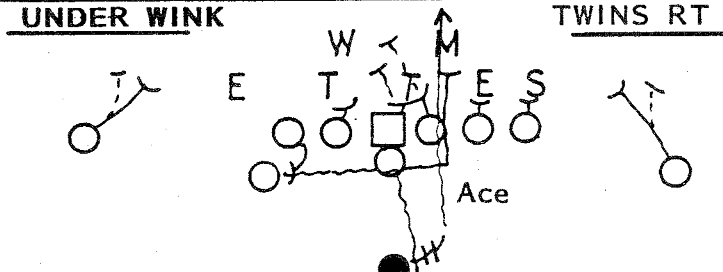


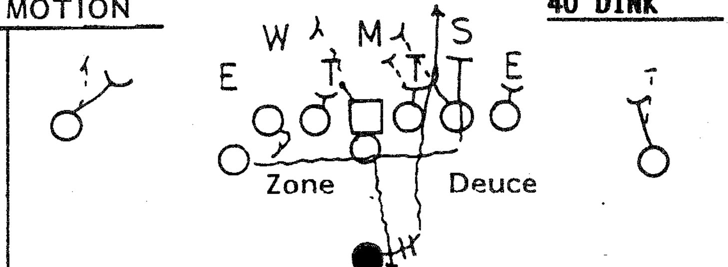
OVER 34 FAR RT MOTION **BIG BEAR**



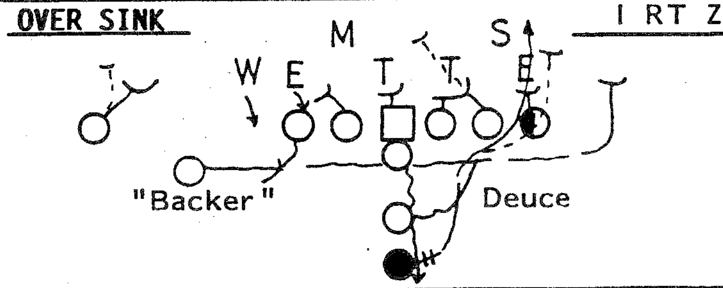


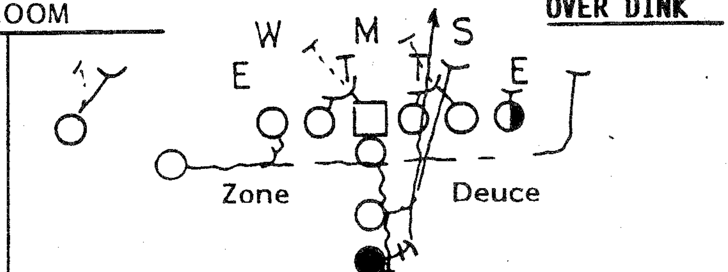
UNDER WINK TWINS RT MOTION **40 DINK**





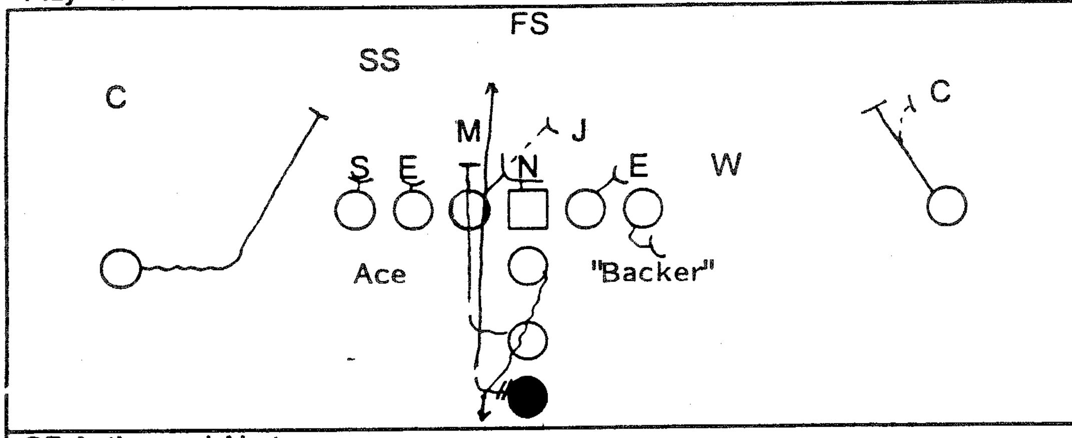
OVER SINK I RT ZOOM **OVER DINK**





Play LEAD DRAW LT

Basic Blocking: Draw



QB Check Off:

ALERT

Check to OG Bubble

Into:

Slant Toss
Act 4/5

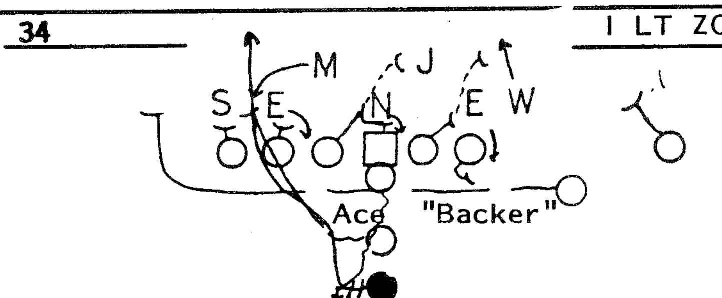
Out Of:

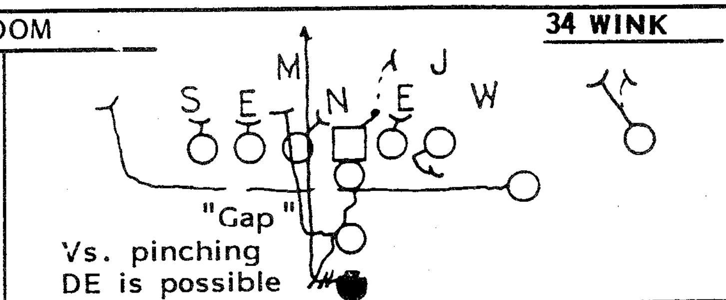
S/S UP
BEAR

QB Action and Alerts:

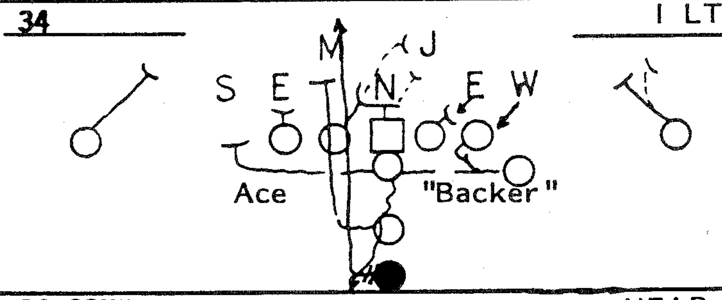
OPEN TO RIGHT. SHOW PASS AND TAKE THE BALL TO THE BACK. SET UP.

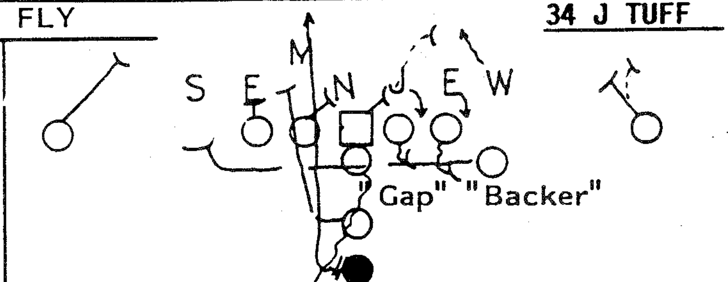
34 — I LT ZOOM — **34 WINK**



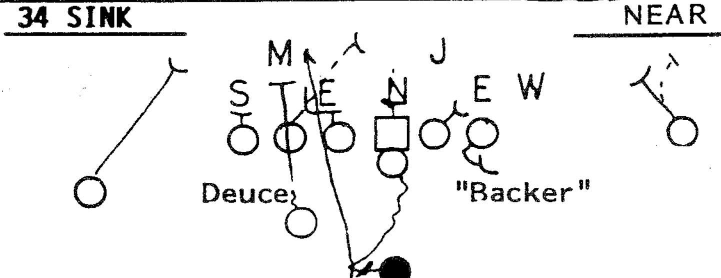


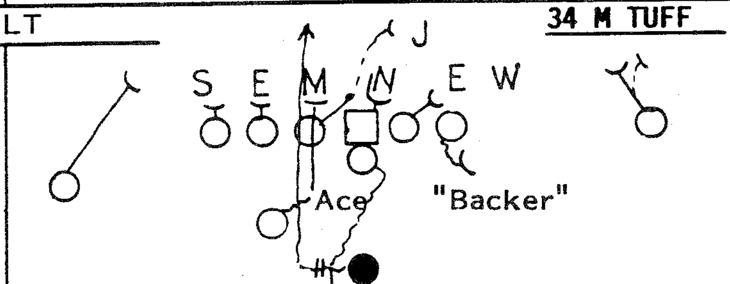
34 — I LT FLY — **34 J TUFF**



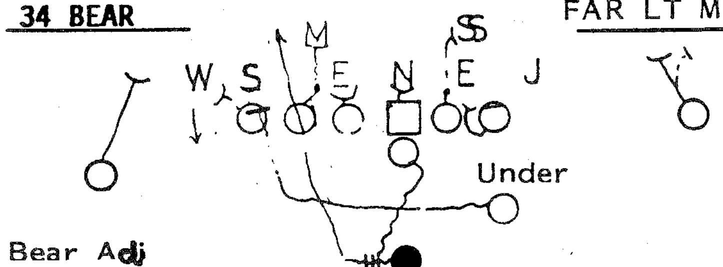


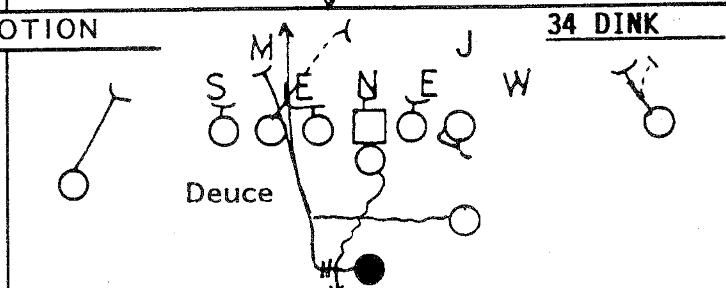
34 SINK — NEAR LT — **34 M TUFF**





34 BEAR — FAR LT MOTION — **34 DINK**

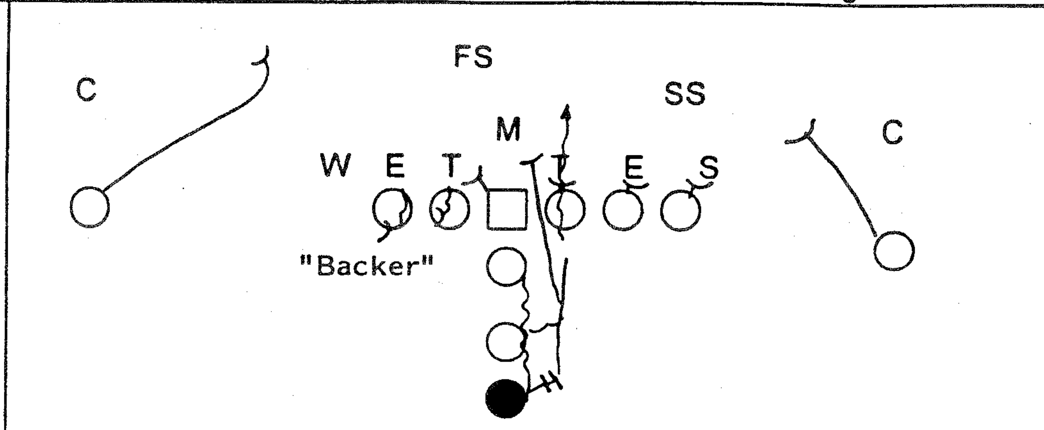




Play ISO RT **Basic Blocking: DRAW**

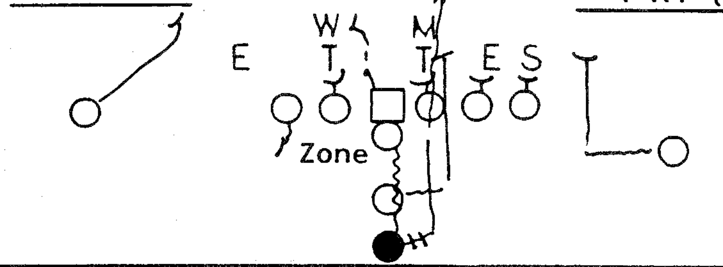
Formations:

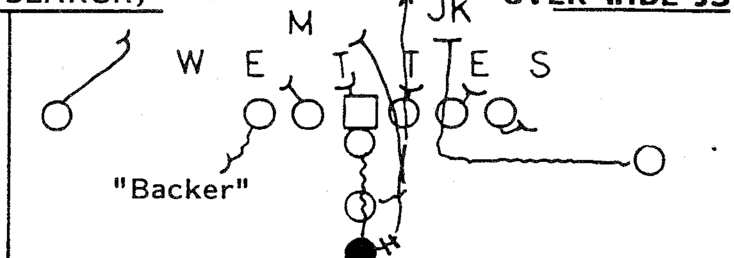
I (FLY)
NEAR
FAR MOTION
I ZIP
I ZOOM
DEUCE OFF (√)
TWINS FLY
I OFF (√)



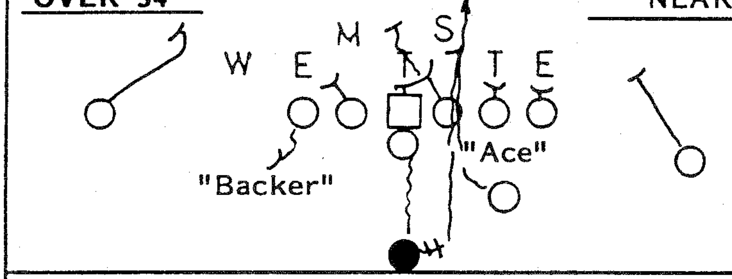
Ball Carrier:	Aiming point A gap. Steps: drop step and go. Read N, T, M Cluster.
Back:	Set up, block Mike. Exception, Over 34
Y:	Block Sam. Alert "Hang" "triple", Bear. Exception Over 34.
X:	Backside - Cut off.
Z:	Playside - Block 1st force. Alert - Search

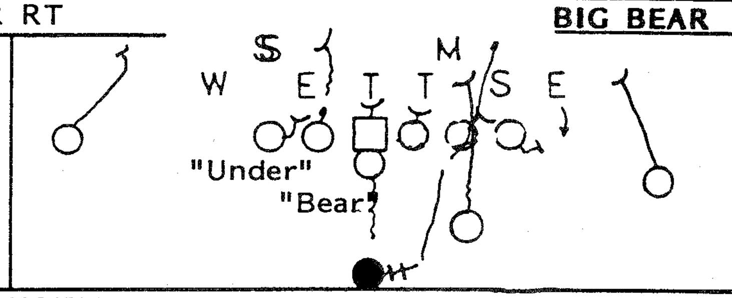
40 STACK — I RT (SEARCH) — **OVER WIDE JS**



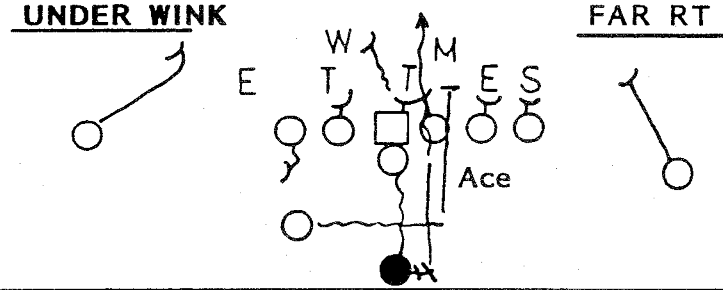


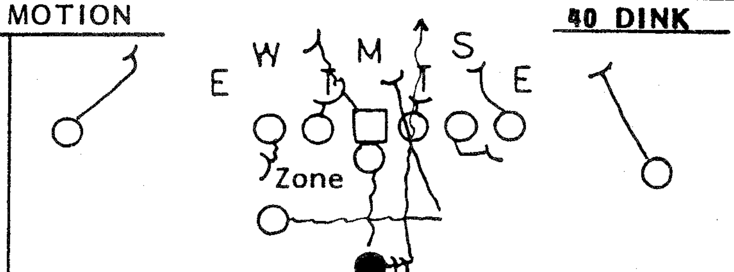
OVER 34 — NEAR RT — **BIG BEAR**



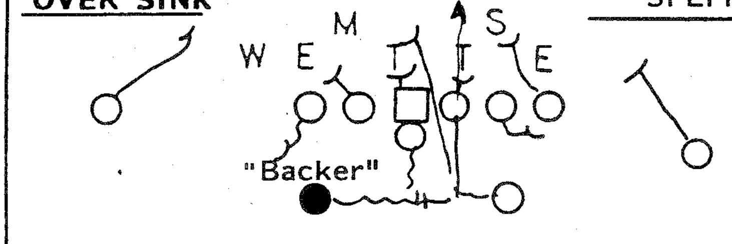


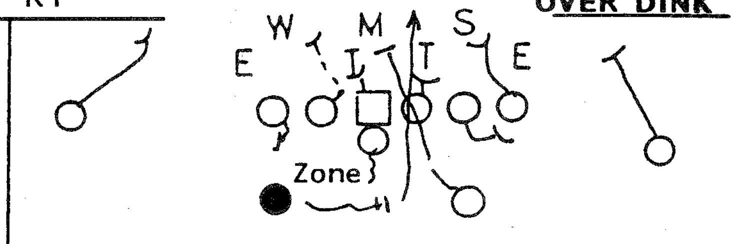
UNDER WINK — FAR RT MOTION — **40 DINK**





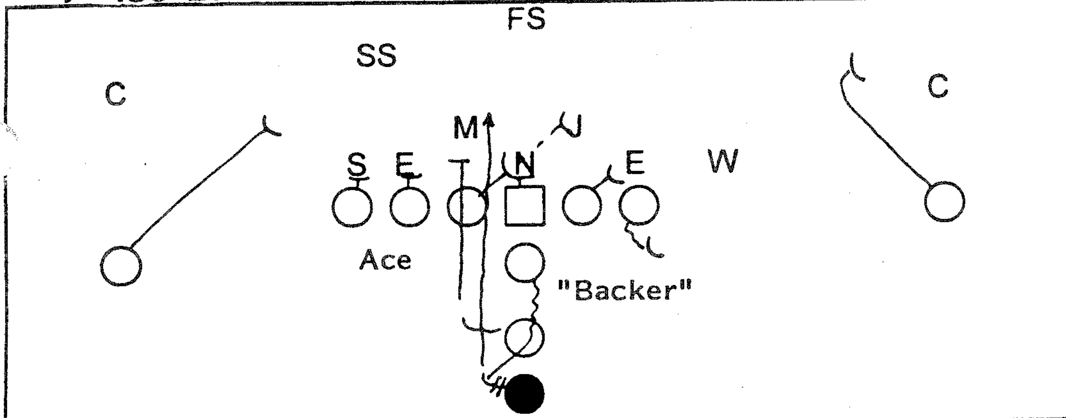
OVER SINK — SPLIT RT — **OVER DINK**





Play ISO LT

Basic Blocking: DRAW



QB Check Off:

ALERT
CHECK TO OG BUBBLE

Into:

Slant Toss
Act 4/5

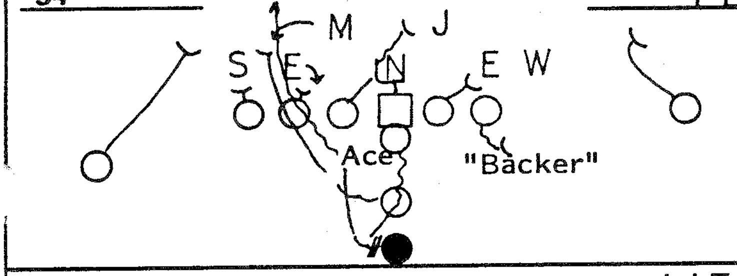
Out Of:

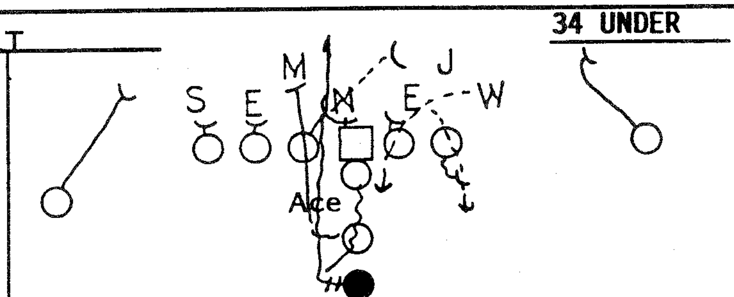
S/S UP
BEAR

QB Action and Alerts:

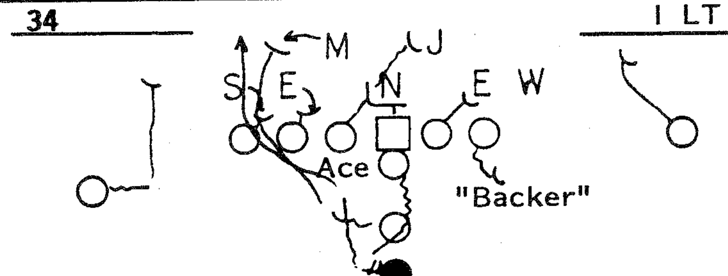
OPEN TO RIGHT. SHOW PASS AND TAKE THE BALL TO THE BACK. SET UP.

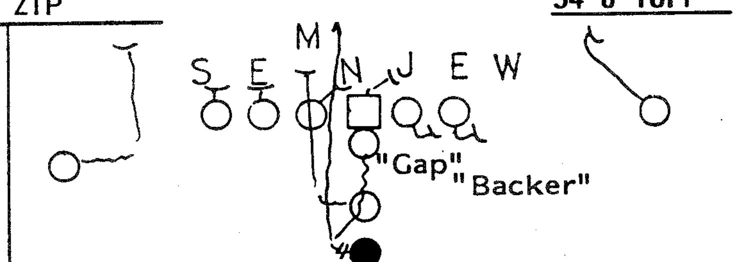
34 — I LT — **34 UNDER**



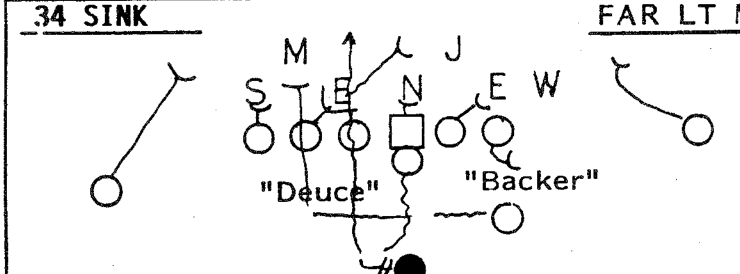


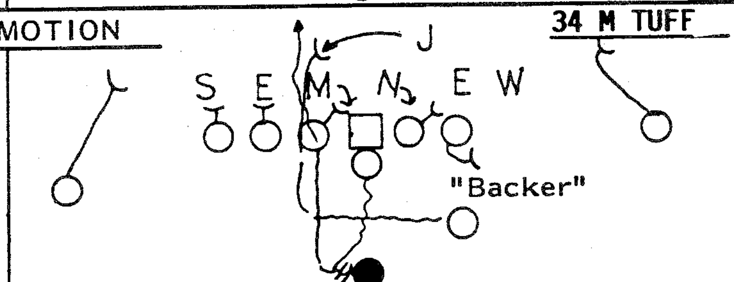
34 — I LT ZIP — **34 J TUFF**



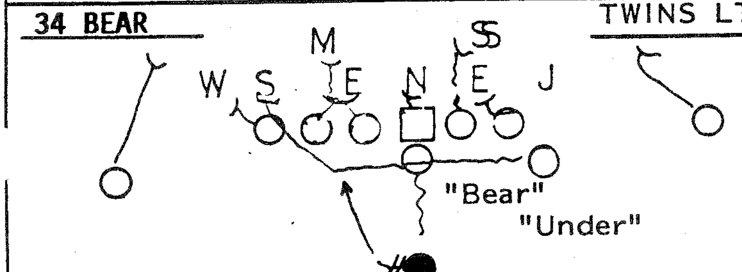


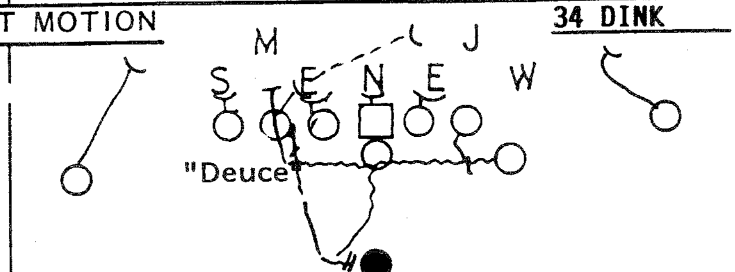
34 SINK — FAR LT MOTION — **34 M TUFF**





34 BEAR — TWINS LT MOTION — **34 DINK**

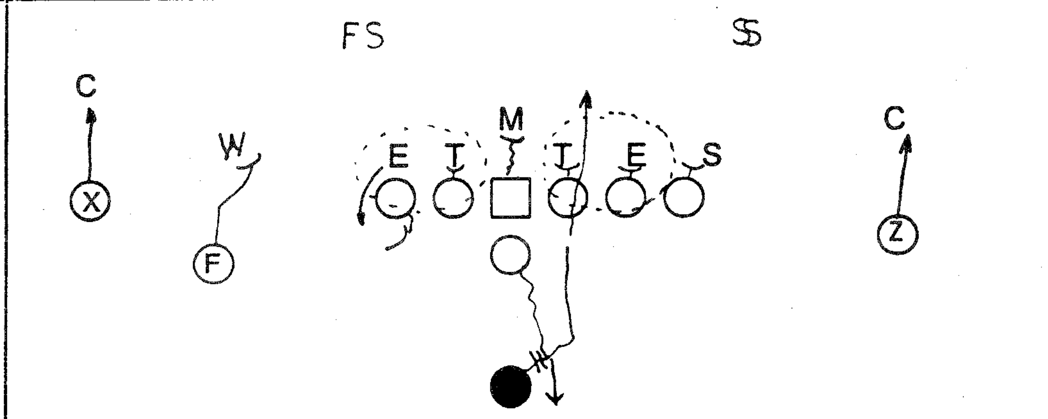




Play BRUSH RT (PUMP) (RAP) **Basic Blocking:** Quick Draw

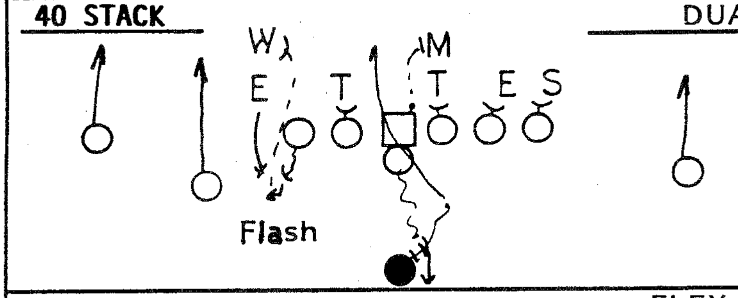
Formations:

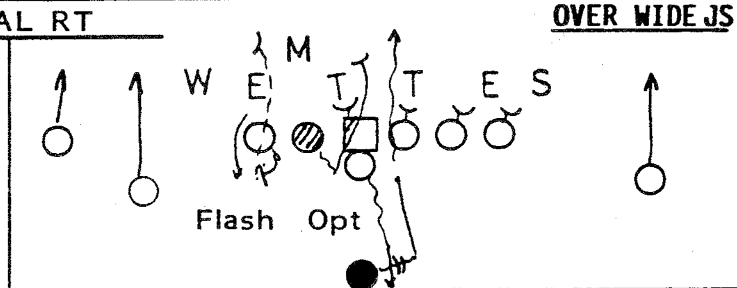
DUAL
FLEX



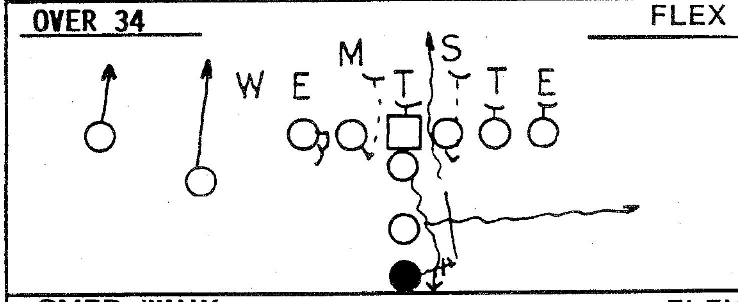
Ball Carrier:	This is a quick draw - Aiming point outside leg of OG, gain 1 yard with a lateral side step.
Back:	Playside - Block DB over you. In Slot - Block man over you.
Y:	Block Sam. "Hang", "Triple", Bear.
X:	Back side - Cut Off. Slot- Block DB over you.
Z:	Playside - block 1st force. In Slot - block man over you.

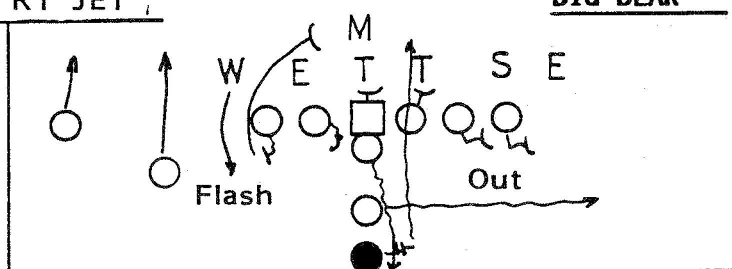
40 STACK — DUAL RT — **OVER WIDE JS**



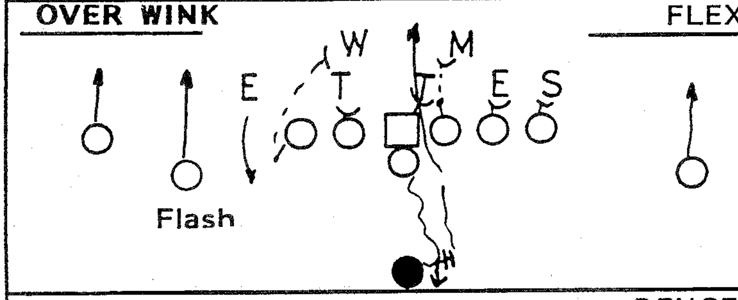


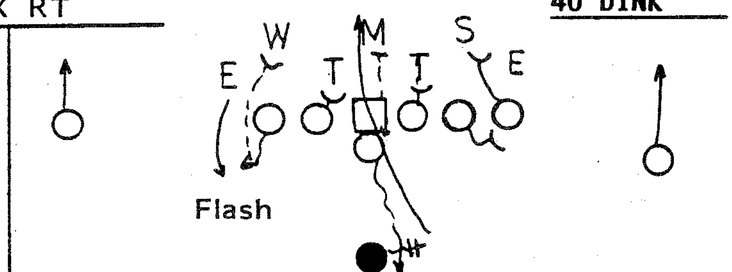
OVER 34 — FLEX RT JET — **BIG BEAR**



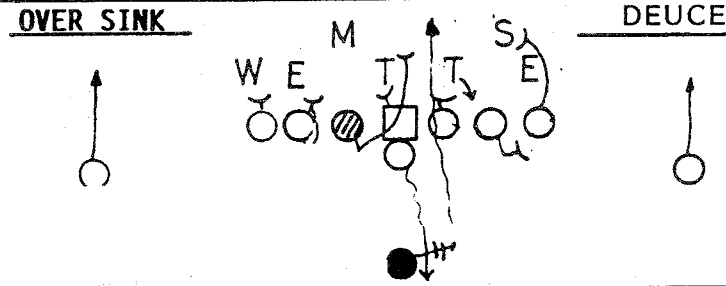


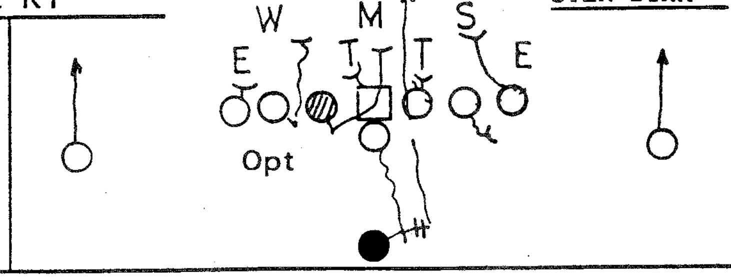
OVER WINK — FLEX RT — **40 DINK**



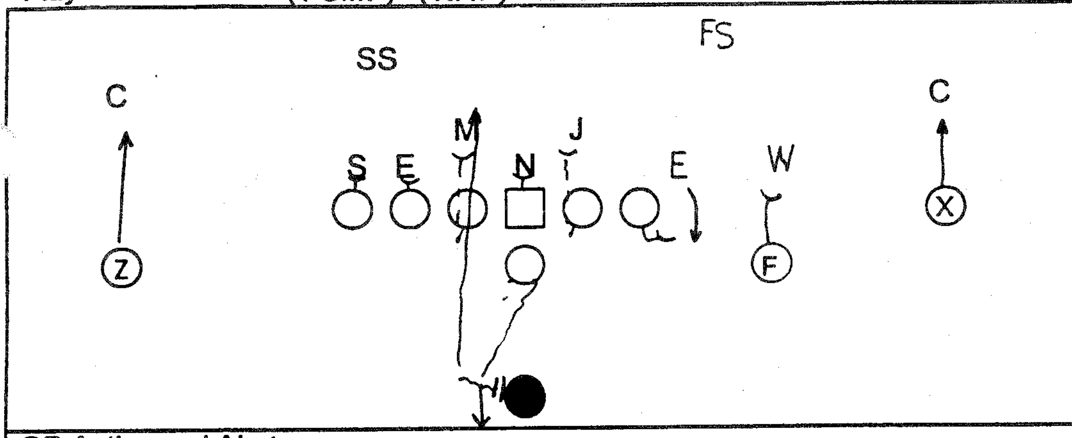


OVER SINK — DEUCE RT — **OVER DINK**





Play . BRUSH LT (PUMP) (RAP) — Basic Blocking: Quick Draw



ALERT

Into:

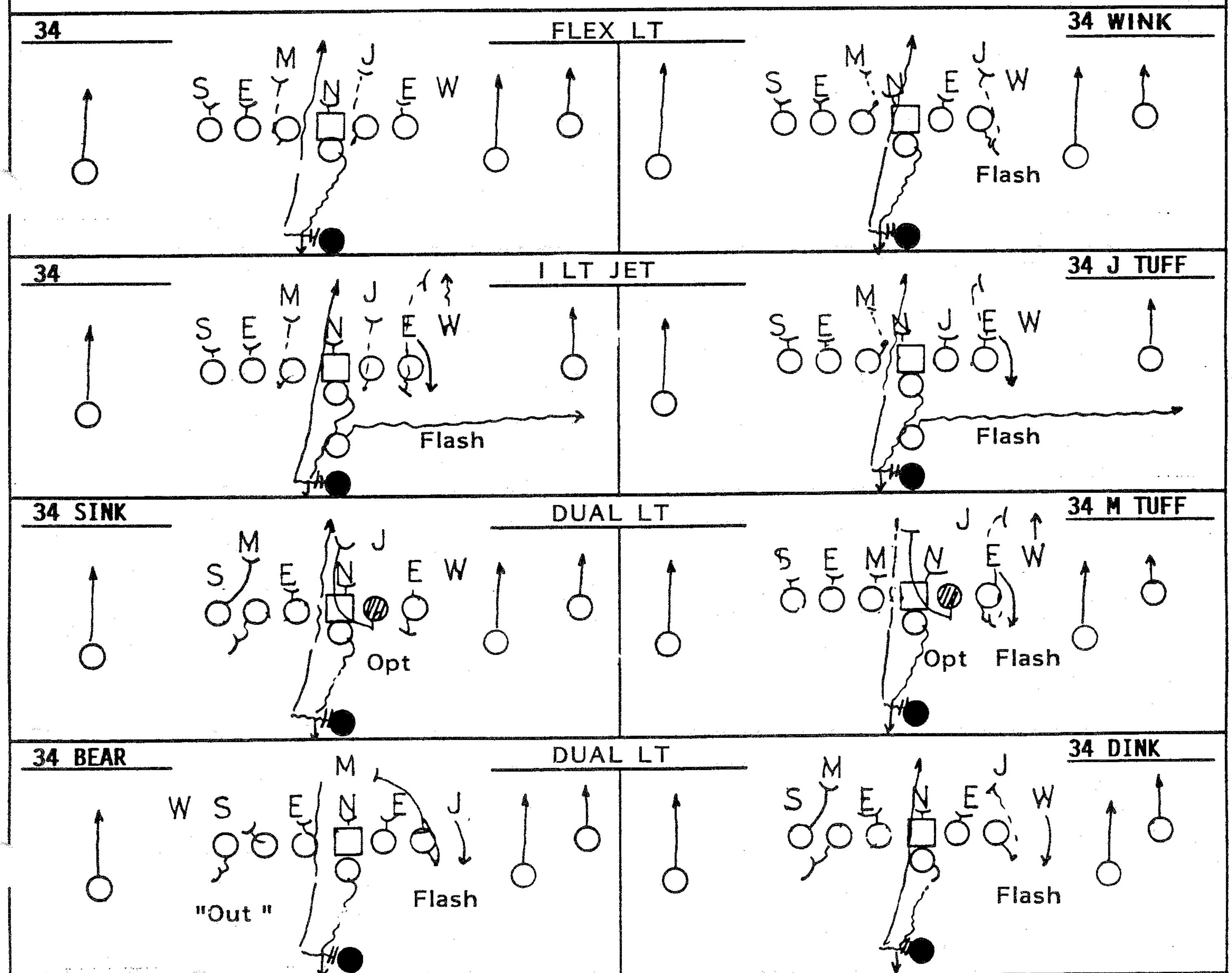
Arc

Out Of:

7 MAN FRONT

QB Action and Alerts:

OPEN TO THE RIGHT. SHOW PASS AND TAKE THE BALL TO THE BACK. SET UP.

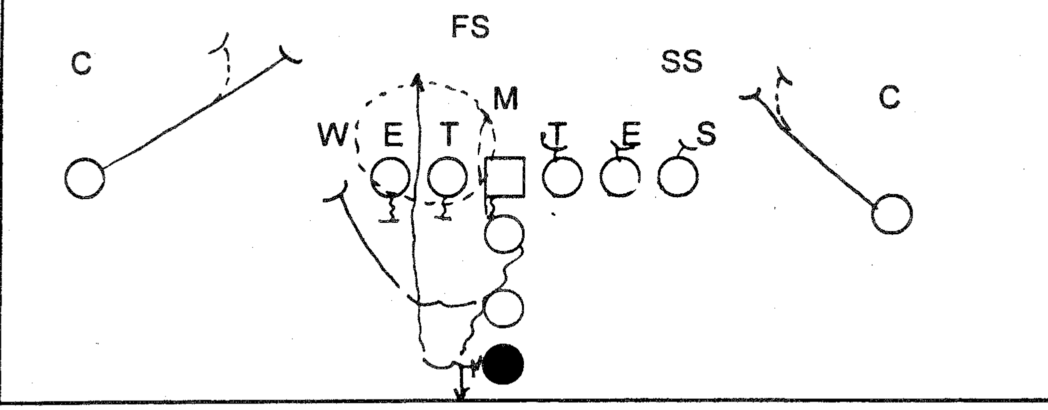


Play PAINT LT

Basic Blocking: Base Draw

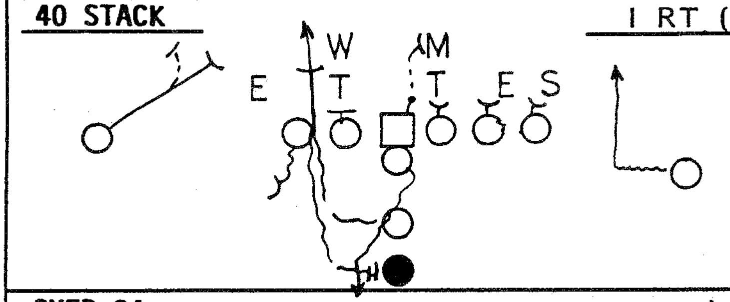
Formations:

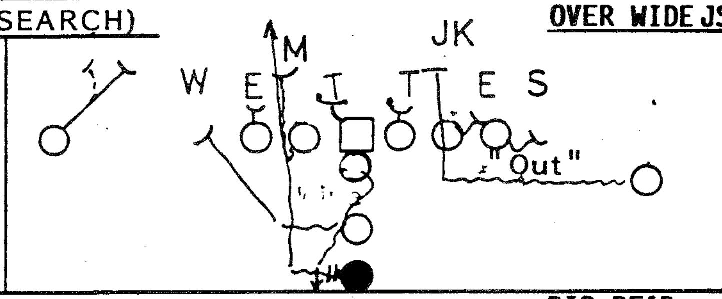
I (OPEN)
NEAR JAM
FAR
FAR ORBIT
DEUCE JAM
DEUCE FLOW



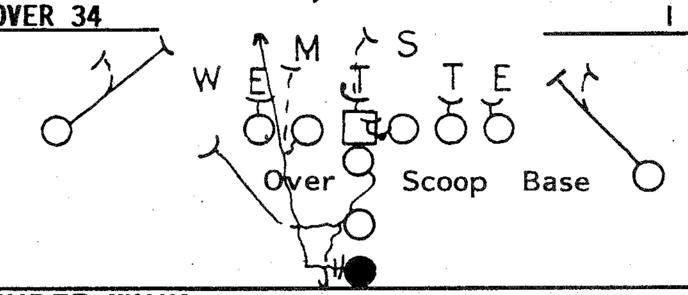
Ball Carrier:	This is a Slow Draw. A Gap, drop step & go. Read N.M.W. cluster.
Back:	Step up and over, read OG to get to WLB versus reduced look.
Y:	Base cut off; Alert "Out", "Moon", "Plug."
X:	Playside - block 1st force. Slot- block DB over. Alert Dbl Crk.
Z:	Backside - Cut Off. In Slot - Block DB over you. Alert Dbl Crk.

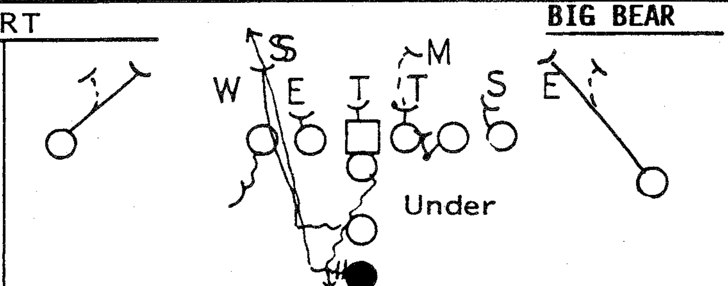
40 STACK — I RT (SEARCH) — **OVER WIDE JS**



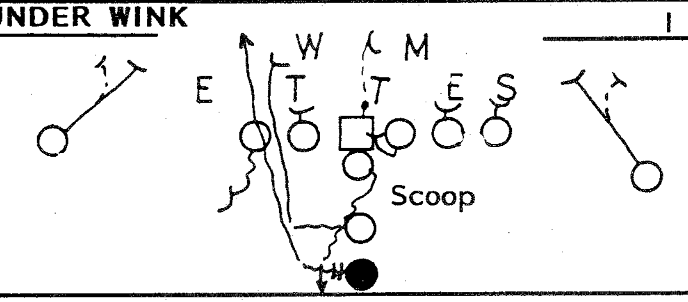


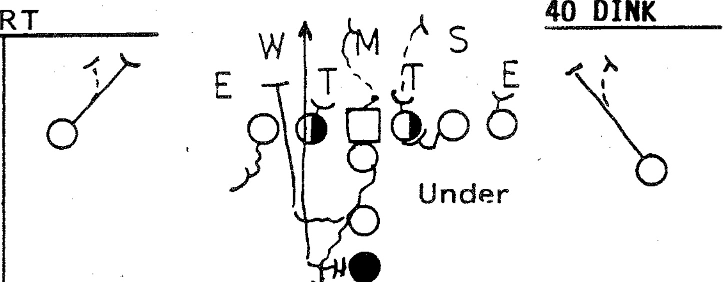
OVER 34 — I RT — **BIG BEAR**



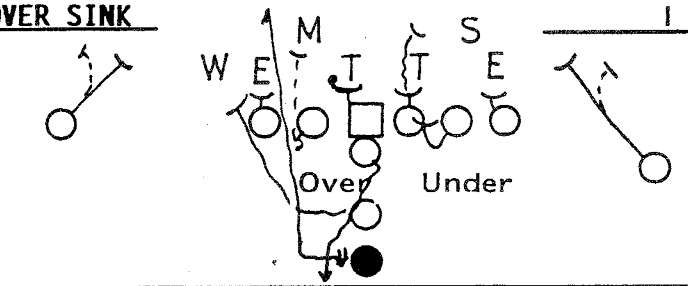


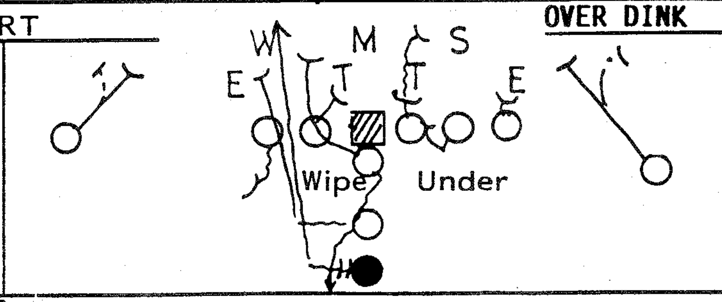
UNDER WINK — I RT — **40 DINK**





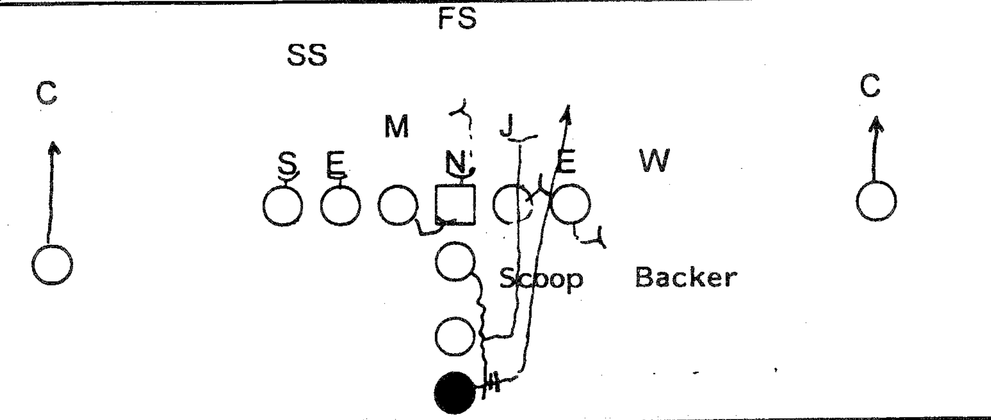
OVER SINK — I RT — **OVER DINK**





Play PAINT RT

Basic Blocking: Fan Draw (34)



QB Check Off:

ALERT

Into:

Act 4/5

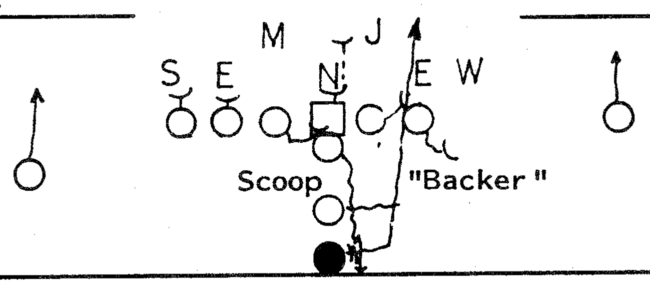
Out Of:

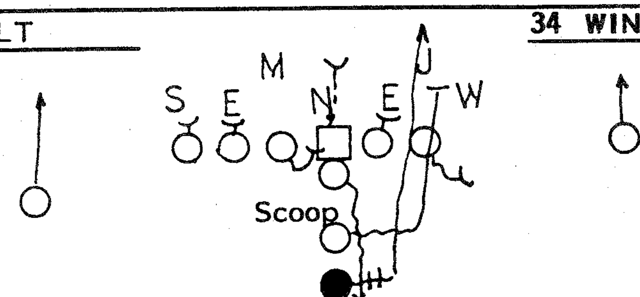
FS UP
7 Man Front vs. 3WR

QB Action and Alerts:

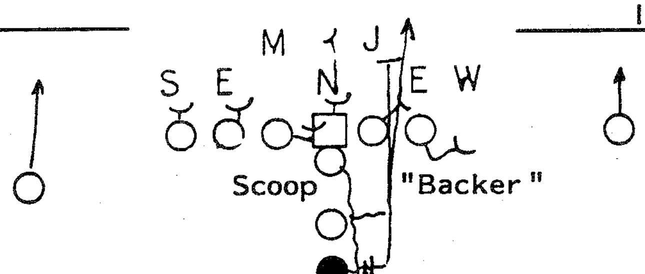
OPEN TO THE RIGHT. SHOW PASS AND TAKE THE BALL TO THE BACK. SET UP.

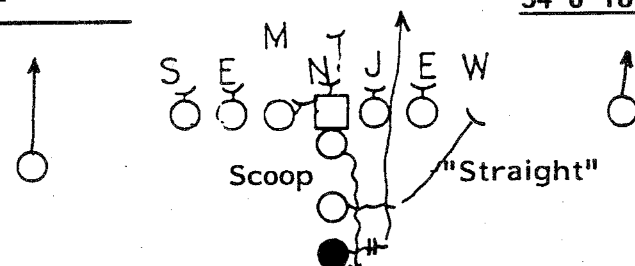
34 | I LT | 34 WINK



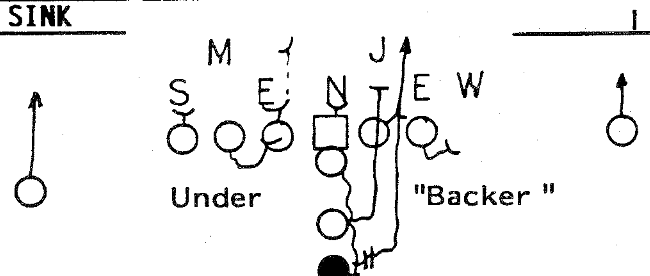


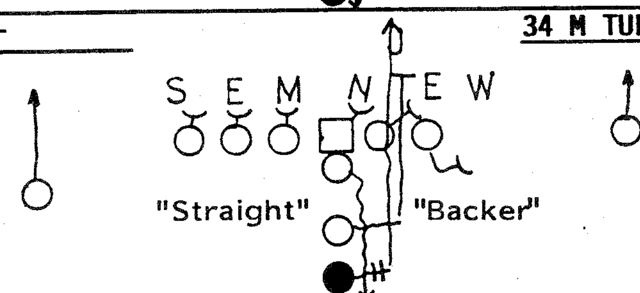
34 | I LT | 34 J TUFF



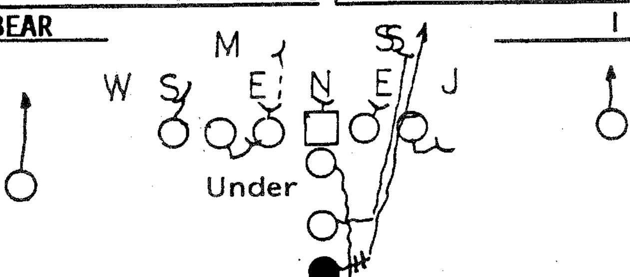


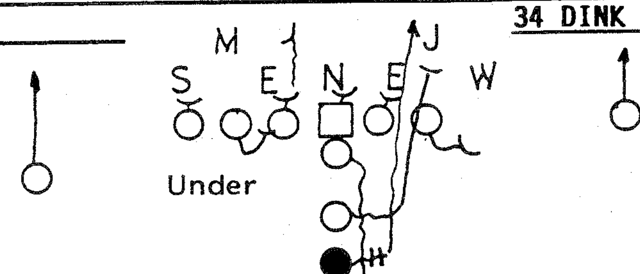
34 SINK | I LT | 34 M TUFF





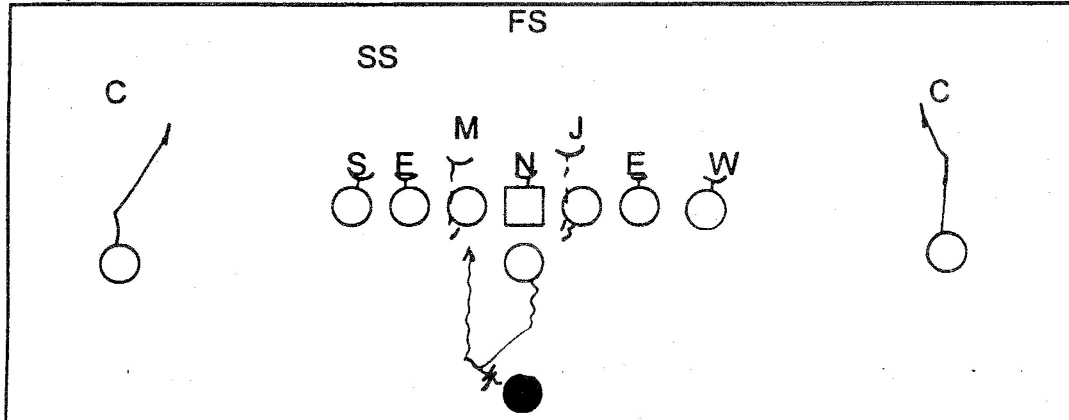
34 BEAR | I LT | 34 DINK





Play DRAW LT

Basic Blocking: QUICK DRAW



QB Check Off:

ALERT

Into:

Out Of:

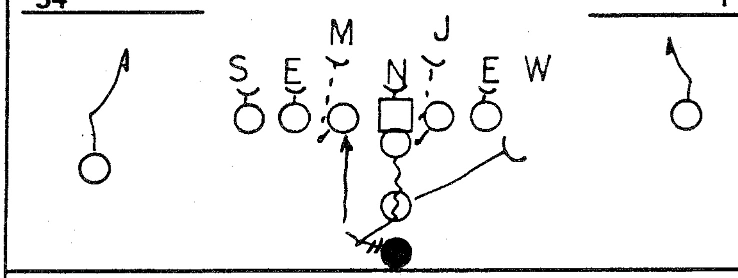
S/S UP
BEAR

QB Action and Alerts:

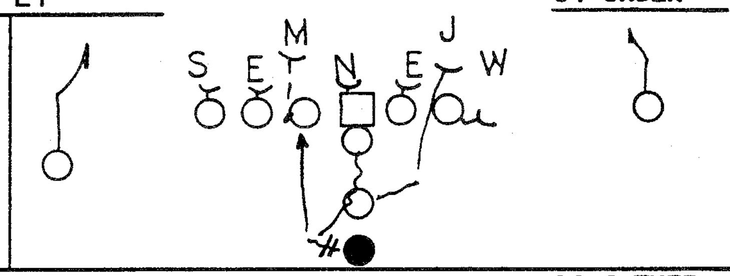
OPEN TO THE RIGHT. SHOW PASS AND TAKE THE BALL TO THE BACK. SET UP. POSSIBLE PUMP OR RAP.

34

I LT

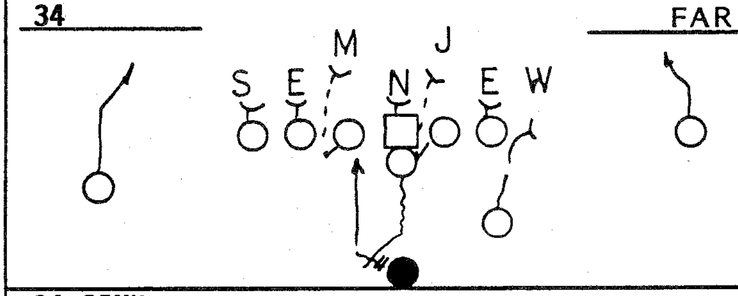


34 UNDER

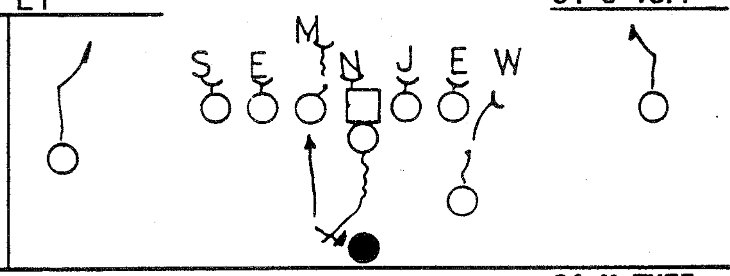


34

FAR LT

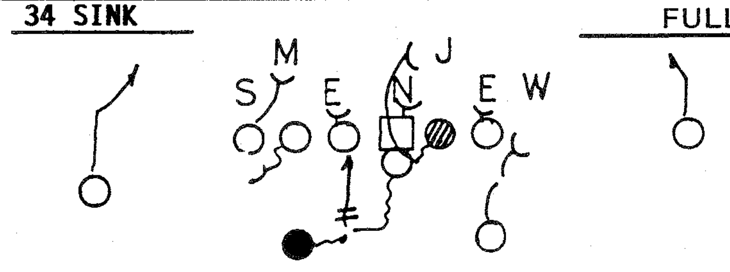


34 J TUFF

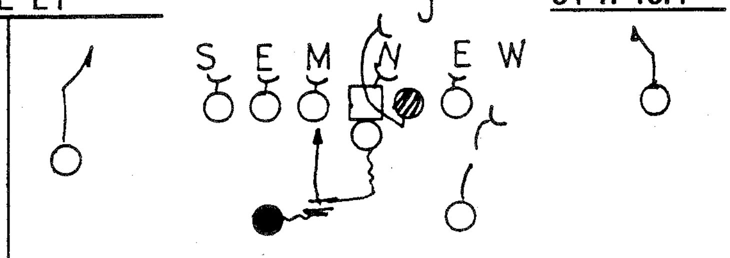


34 SINK

FULL LT

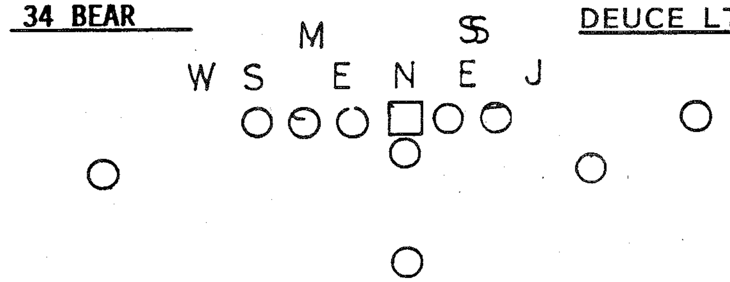


34 M TUFF

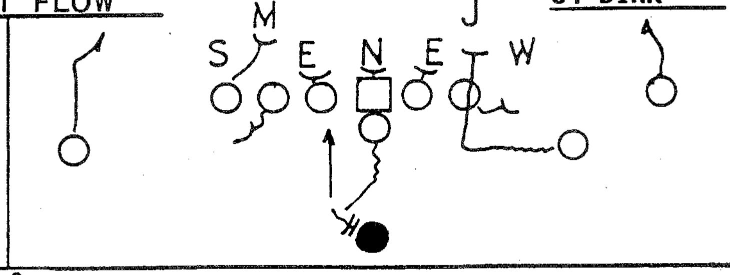


34 BEAR

DEUCE LT FLOW



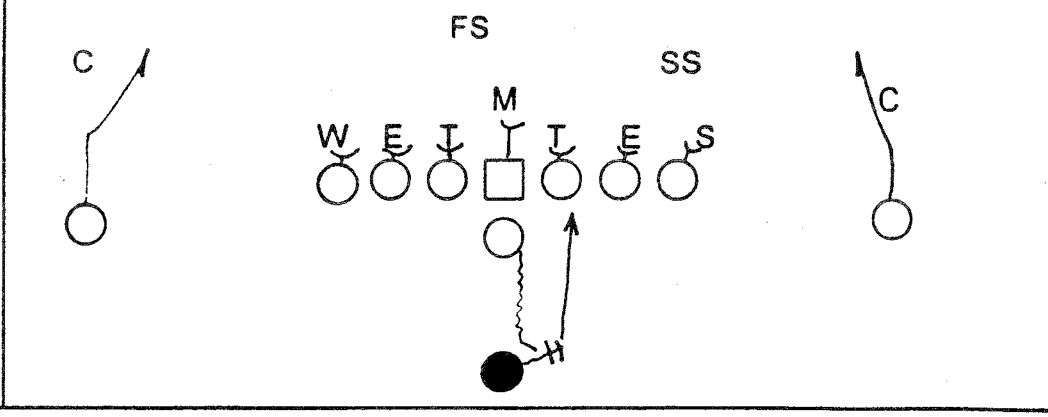
34 DINK



Play **DRAW RT** Basic Blocking: **QUICK DRAW**

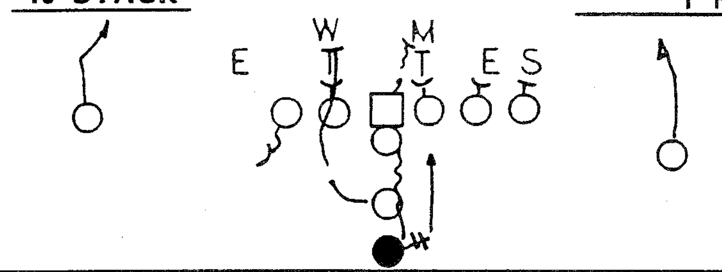
Formations:

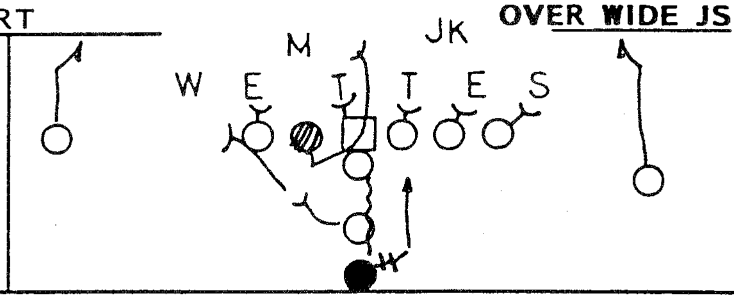
DEUCE (JAM) (FLOW)
I
FAR
FULL



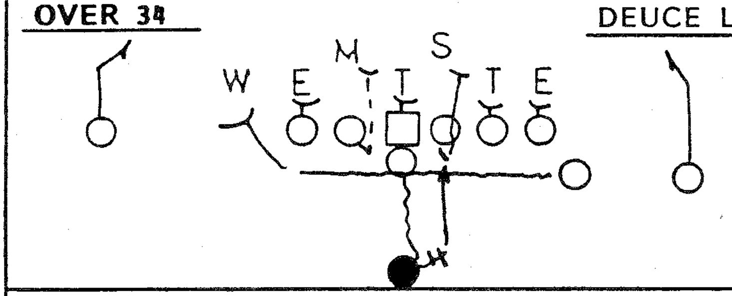
Ball Carrier:	Aiming point, A Gap. Steps: drop step and go. Read N.T.M. Cluster.
Back: /F	Block Will. If on the LOS, block EMOL.
Y:	Block Sam. Alert "Hang", "Triple"
X:	Backside - cut off. Slot - block DB over you.
Z:	Playside - Block 1st force.

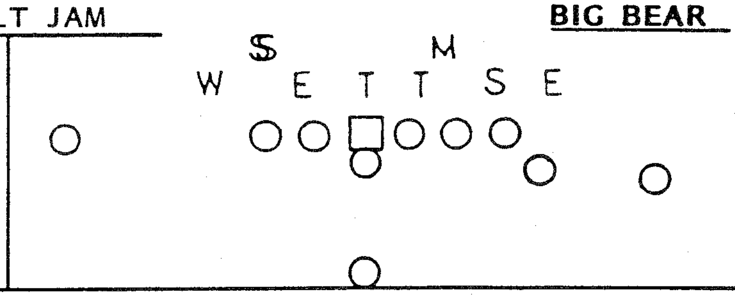
40 STACK I RT **OVER WIDE JS**



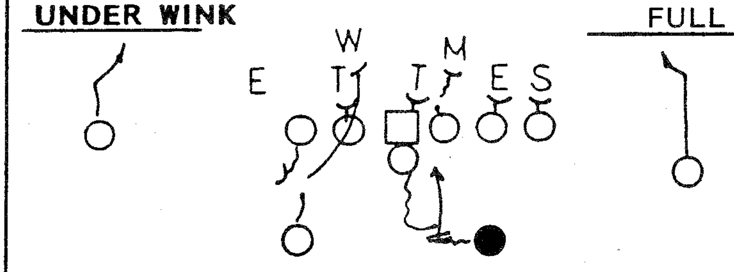


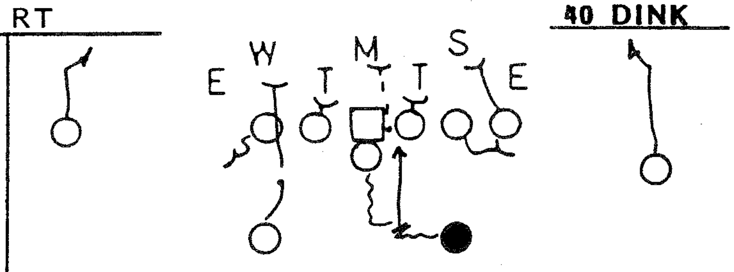
OVER 34 DEUCE LT JAM **BIG BEAR**



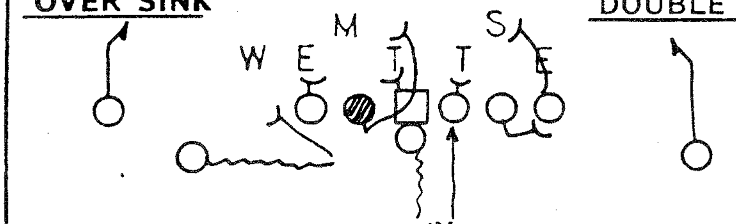


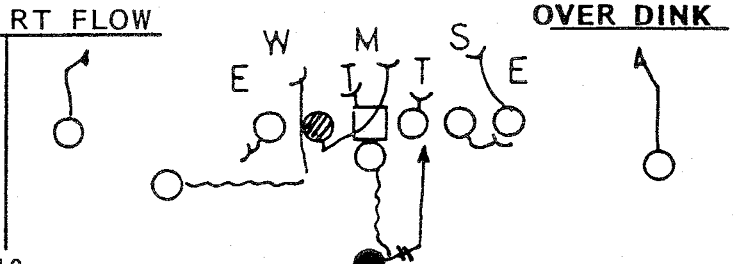
UNDER WINK FULL RT **40 DINK**





OVER SINK DOUBLE RT FLOW **OVER DINK**

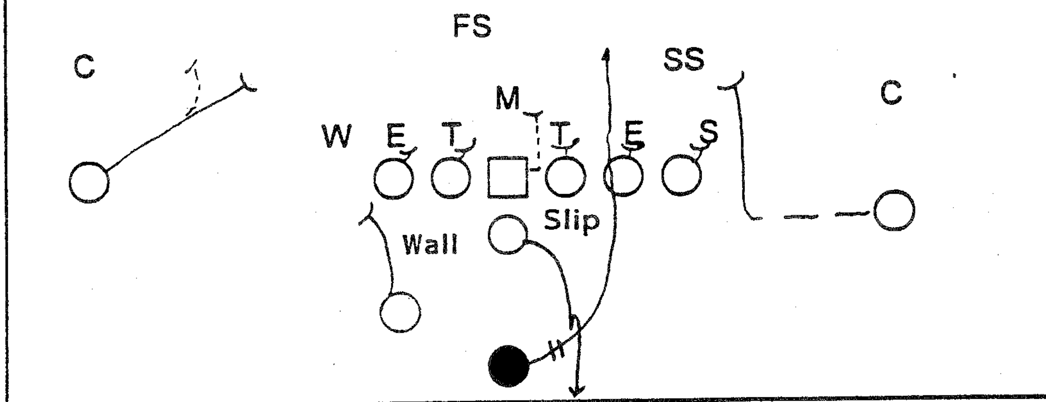




Play BELLY RT **Basic Blocking:** Zone

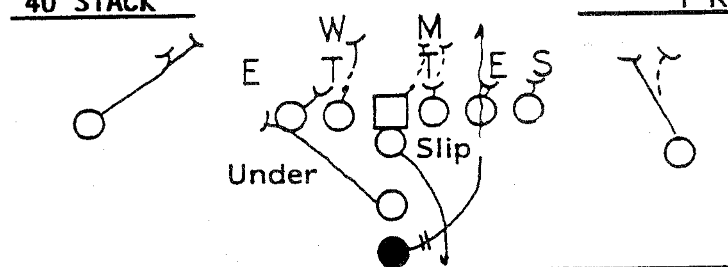
Formations:

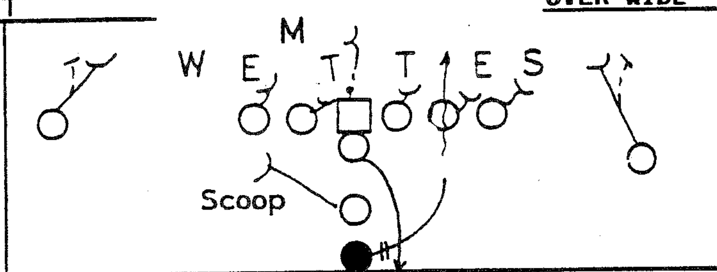
I
FAR WING
NEAR JAM
DEUCE
DEUCE JAM
DEUCE ORBIT



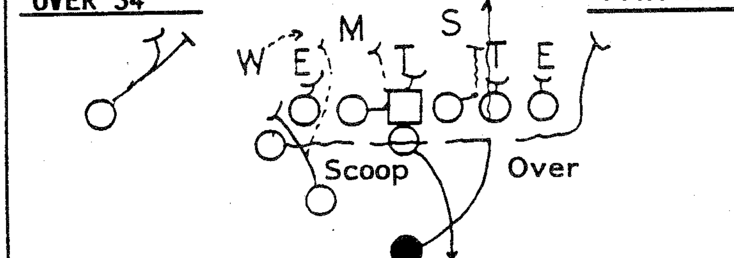
Ball Carrier:	Open step with near foot, cross over, chase outside leg of OT.
Back:	**Block EMOL** away from the play.
Y:	Base, Alert "Quad".
X:	Backside Cut Off
Z:	Play side. Block 1st force.

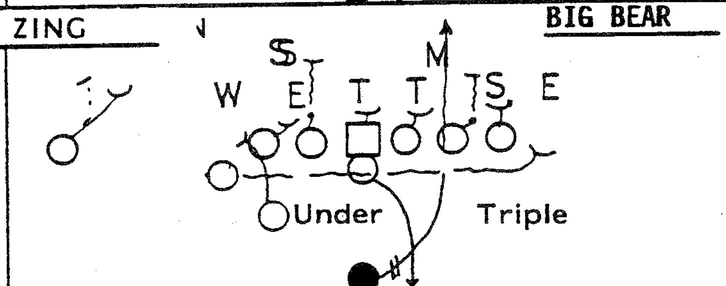
40 STACK I RT **OVER WIDE**



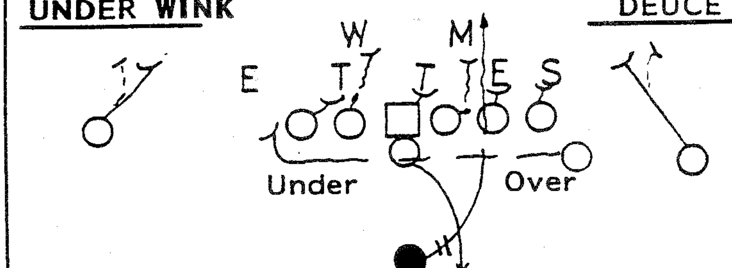


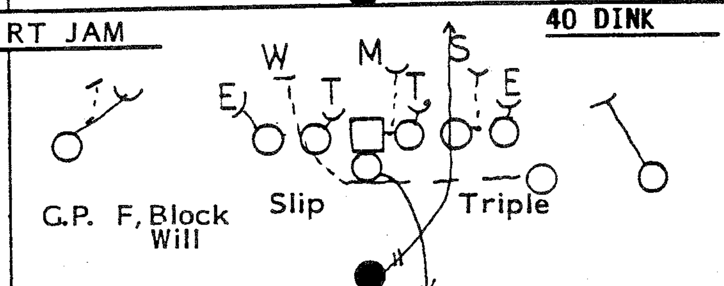
OVER 34 FAR RT ZING **BIG BEAR**



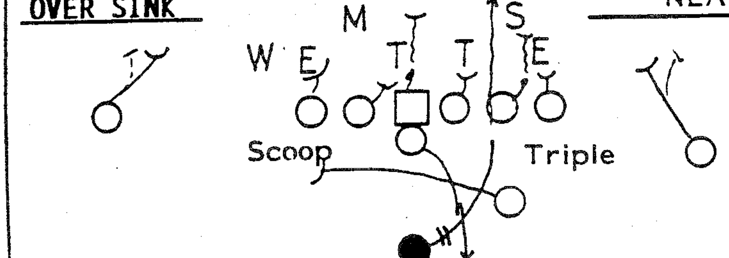


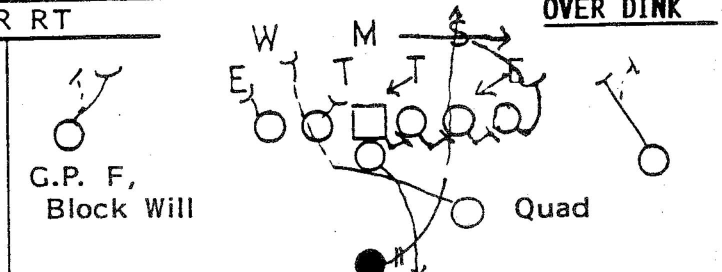
UNDER WINK DEUCE RT JAM **40 DINK**





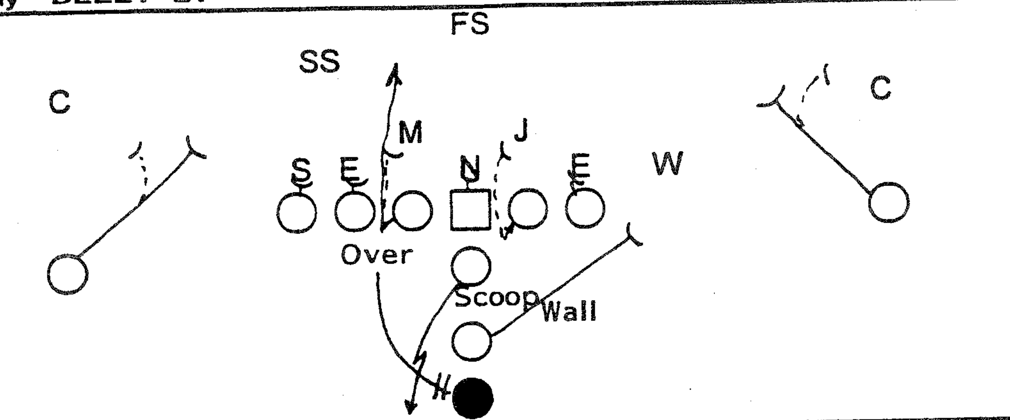
OVER SINK NEAR RT **OVER DINK**





Play BELLY LT

Basic Blocking: Zone



QB Check Off:

ALERT

Into:

Slant, Toss

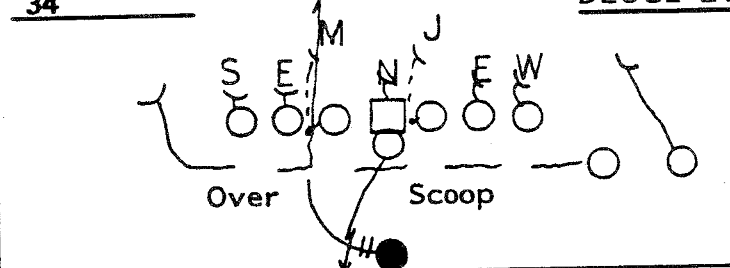
Out Of:

BEAR
S/S UP

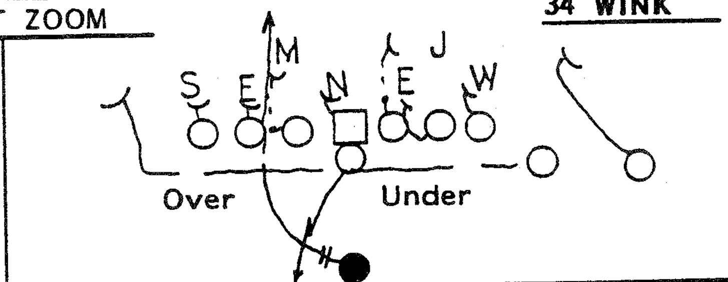
QB Action and Alerts:

OPEN. GET BALL DEEP TO BACK. FAKE NAKED.

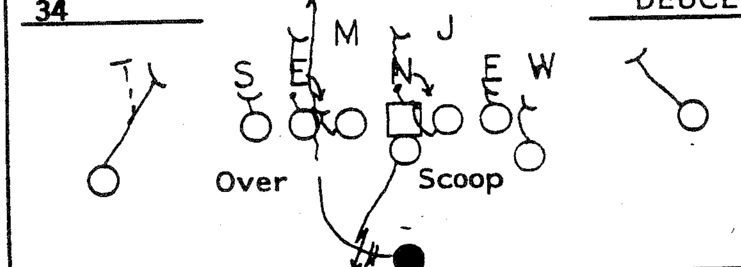
34 — DEUCE LT ZOOM



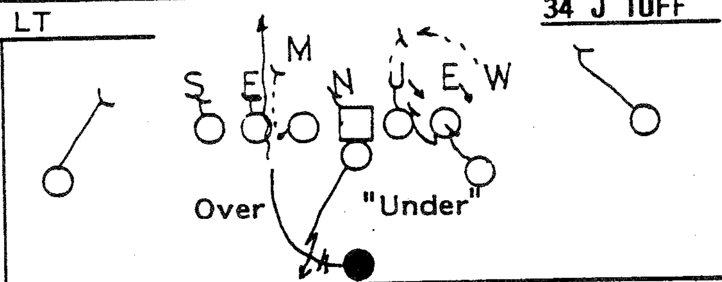
34 WINK



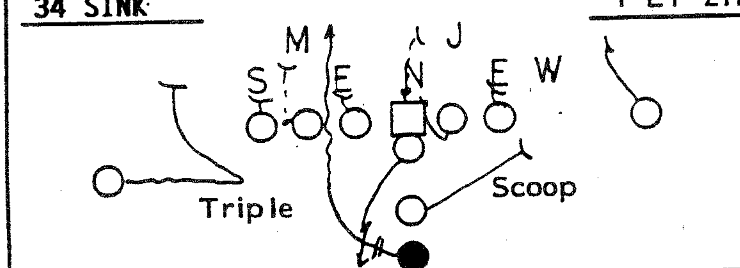
34 — DEUCE LT



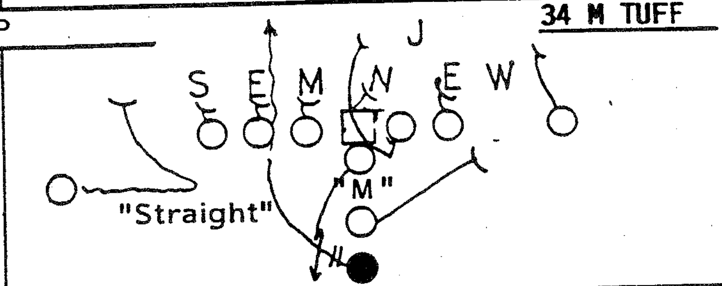
34 J TUFF



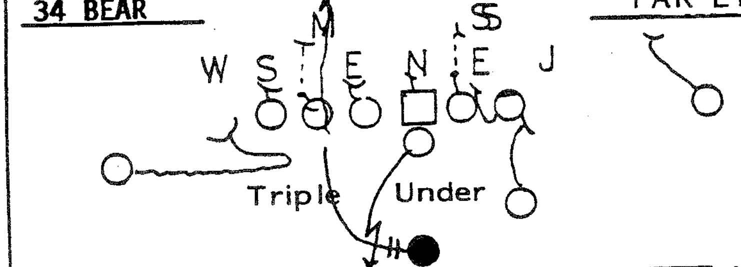
34 SINK — I LT ZIP



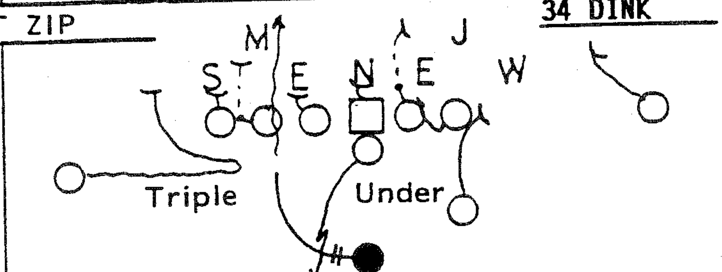
34 M TUFF



34 BEAR — FAR LT ZIP



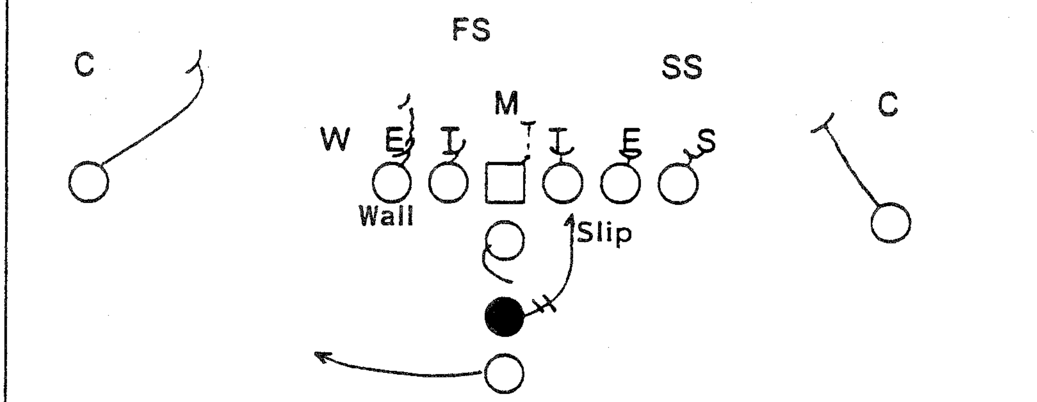
34 DINK



Play Number: ROCK RT **Basic Blocking:** Zone

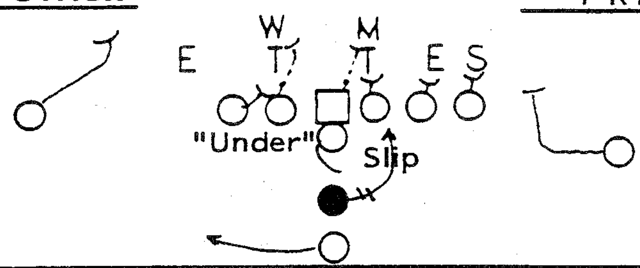
Formations:

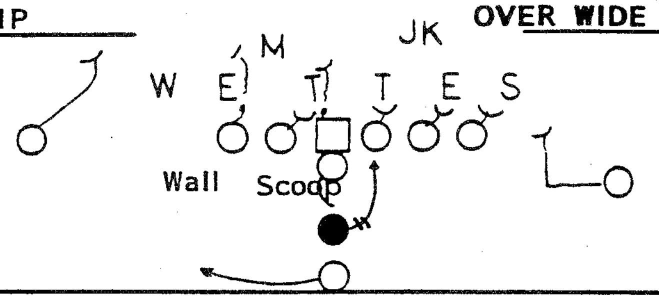
I (ZAP) (ZING)



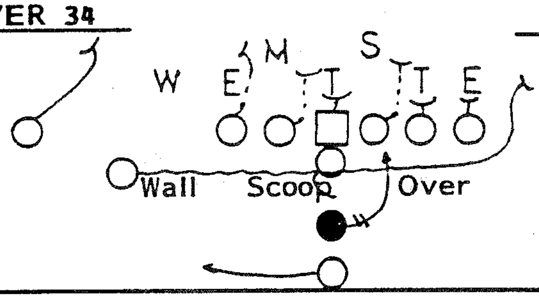
FB **Ball Carrier:**	Lateral step, toes at 5 yards. Aiming point - outside hip of OG.
H **Back:**	Run Toss
Y:	Lead block - Base, Triple - Alert "Out".
X:	Backside - Cut off. Slot - Block DB over you.
Z:	Playside - Block 1st force. In slot - block man over you.

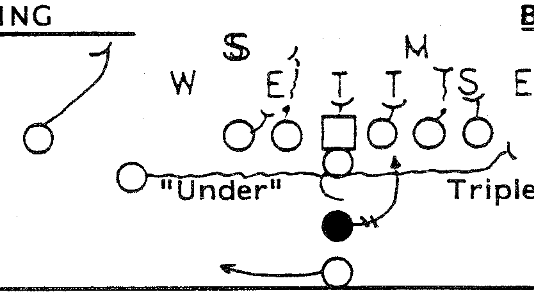
40 STACK — I RT ZIP — **OVER WIDE JS**



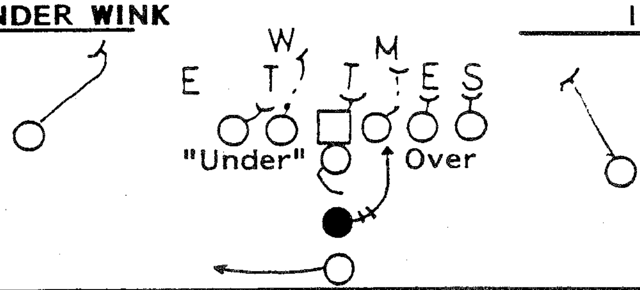


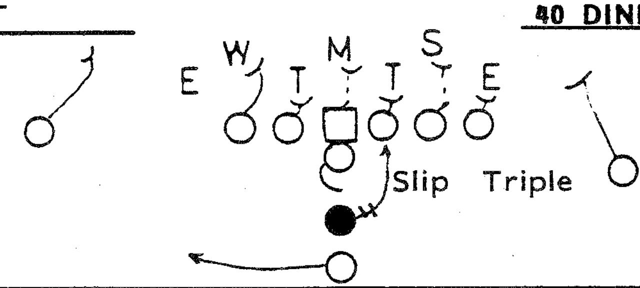
OVER 34 — I RT ZING — **BIG BEAR**



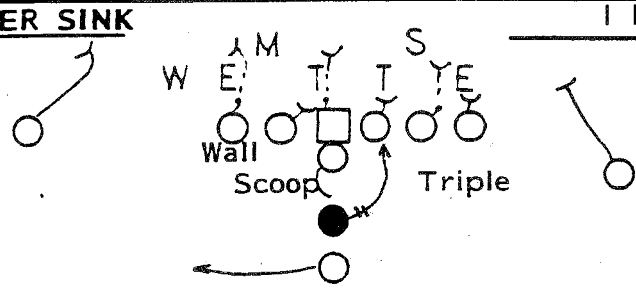


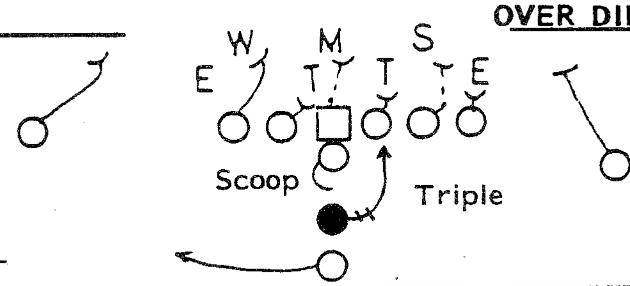
UNDER WINK — I RT — **40 DINK**





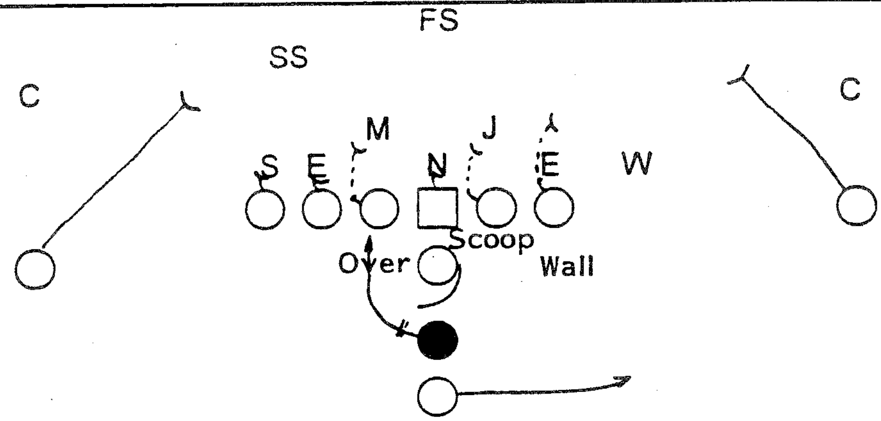
OVER SINK — I RT — **OVER DINK**





Play ROCK LT

Basic Blocking: Zone



QB Check Off:

ALERT

Into:

FLIP

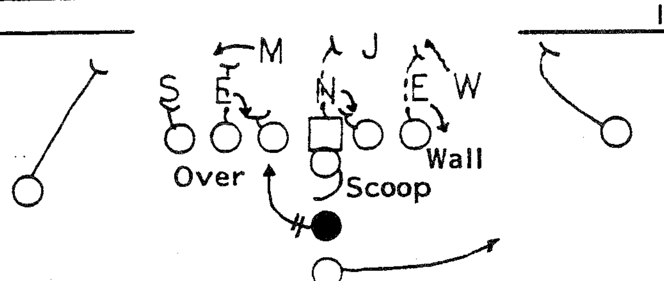
Out Of:

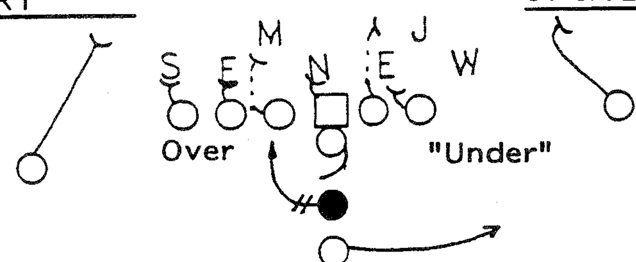
WEAK
TACKLE BUBBLE

QB Action and Alerts:

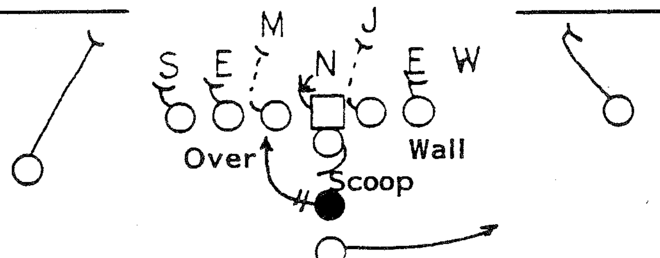
REVERSE OUT. GET BALL DEEP TO BACK. FAKE FLIP.

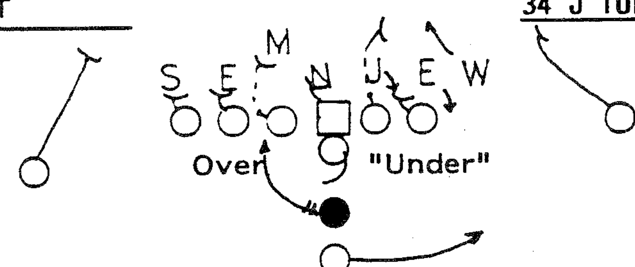
34 — I RT — 34 UNDER



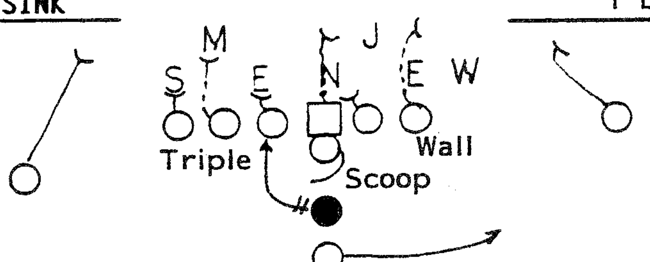


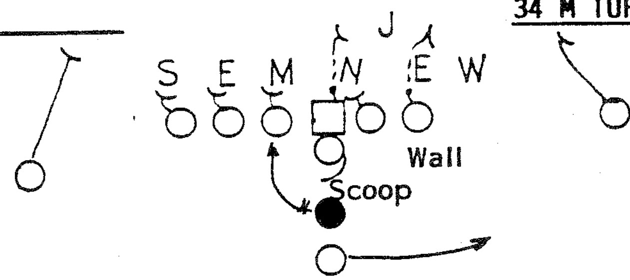
34 — I LT — 34 J TUFF



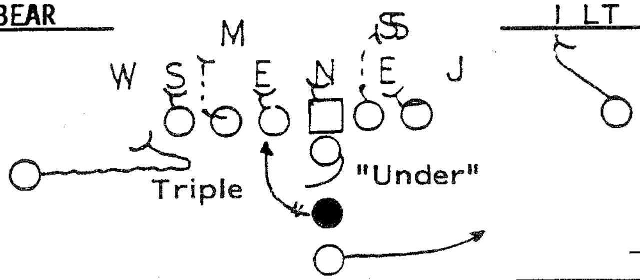


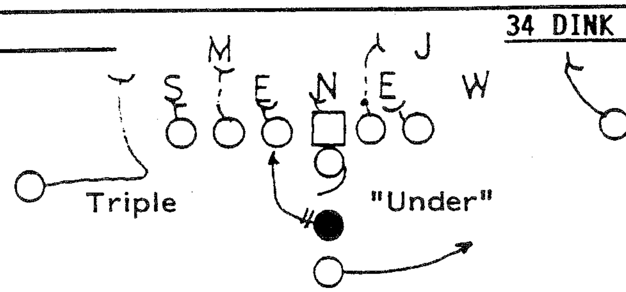
34 SINK — I LT — 34 M TUFF



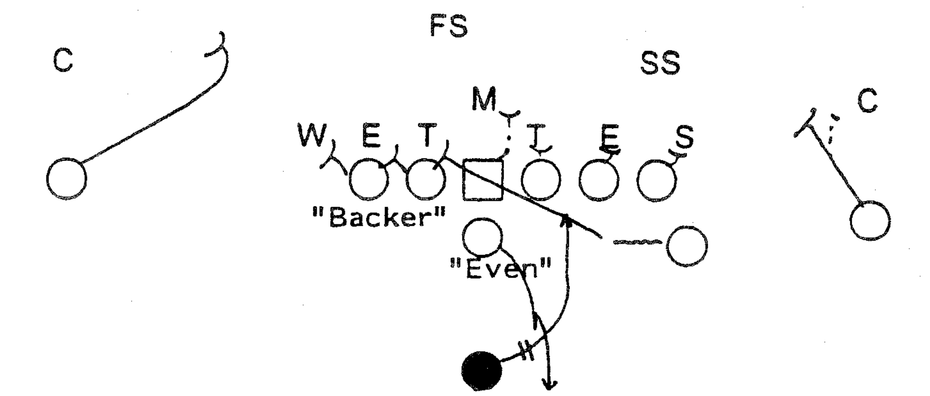


34 BEAR — I LT ZIP — 34 DINK



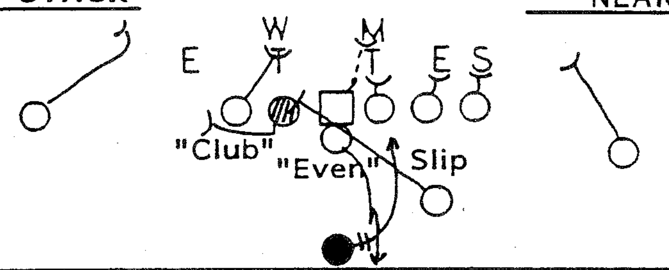


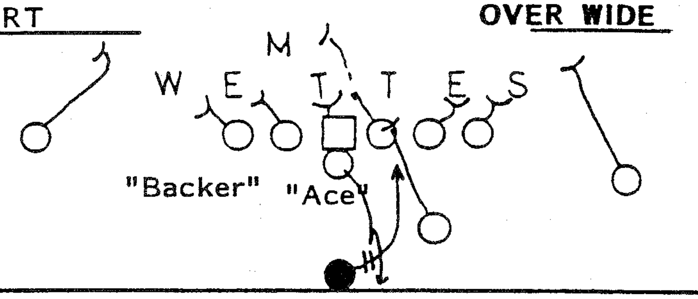
Play WHAM RT — Basic Blocking: BASIC WHAM

Formations:	
NEAR (FLY) FAR MOTION TWIN MOTION TWINS BANG TWINS HAMMER TWINS TIGHT BANG	

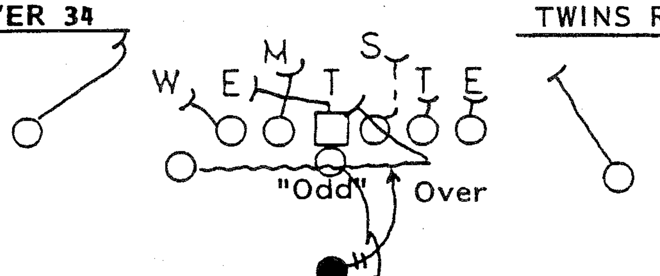
Ball Carrier:	Pivot over near foot, cross over, get square. Chase outside leg of OG.
Back:	Block 1st man past OG/OC bubble. If over defense block 3-Tech Alert, "Even", "Odd", "Over".
Y:	Base, Triple. Alert "Out" call.
X:	Backside - Cut off.
Z:	Playside - Block 1st force.

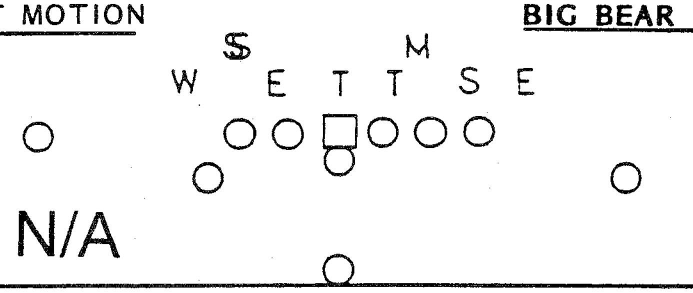
40 STACK — NEAR RT — **OVER WIDE**



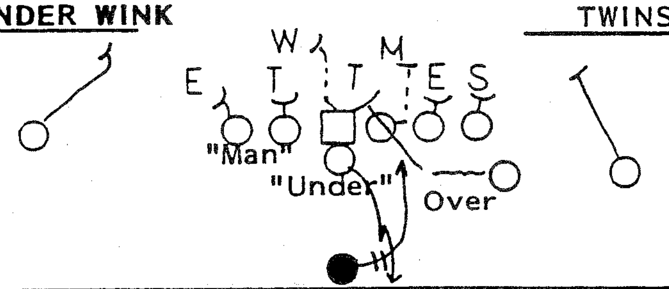


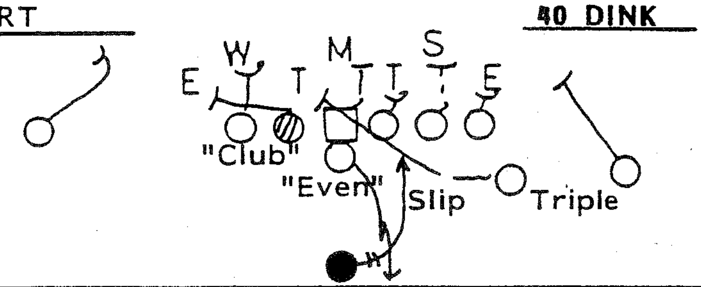
OVER 34 — TWINS RT MOTION — **BIG BEAR**



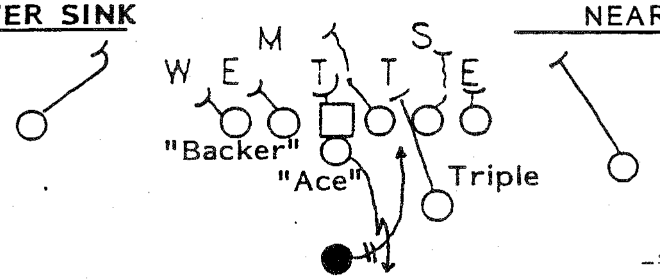


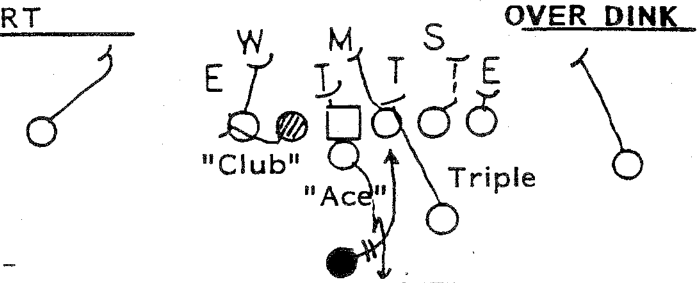
UNDER WINK — TWINS RT — **40 DINK**



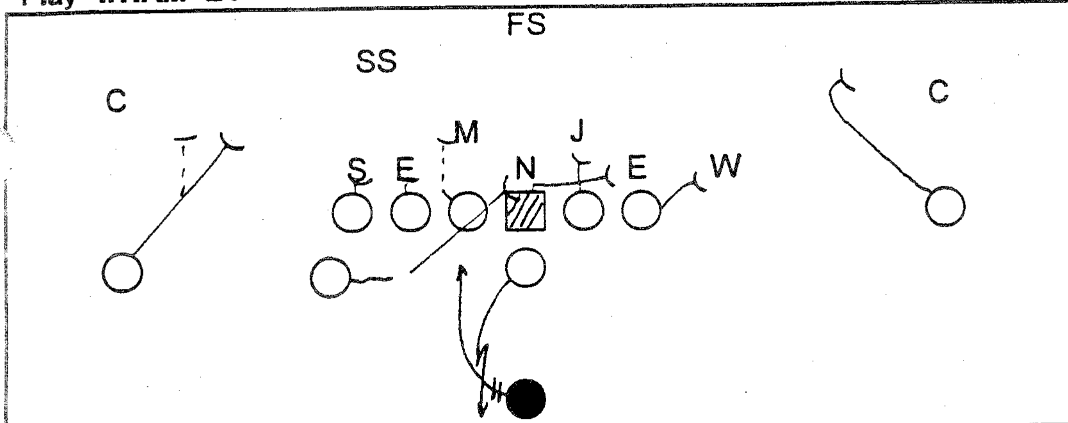


OVER SINK — NEAR RT — **OVER DINK**





Play **WHAM LT** | Basic Blocking: **BASE WHAM**



QB Check Off:

ALERT

Into:

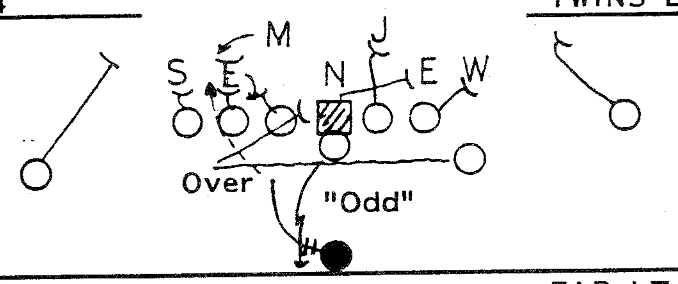
Out Of:

BEAR
S/S UP

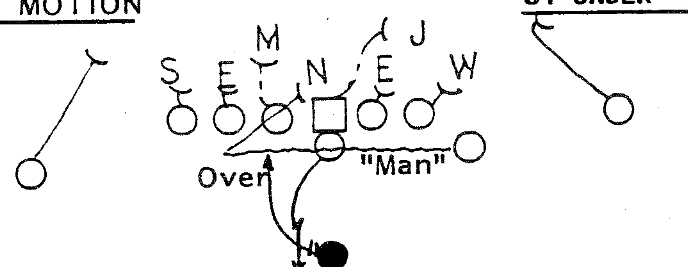
QB Action and Alerts:

OPEN. GET BALL DEEP TO BACK. NAKED.

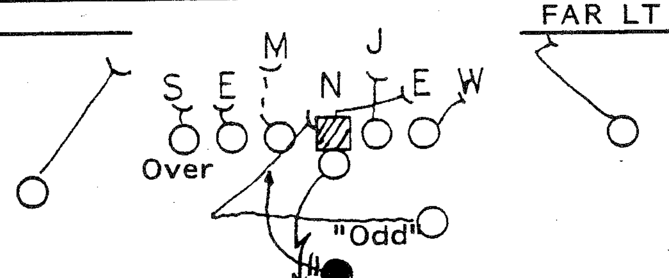
34 — TWINS LT MOTION



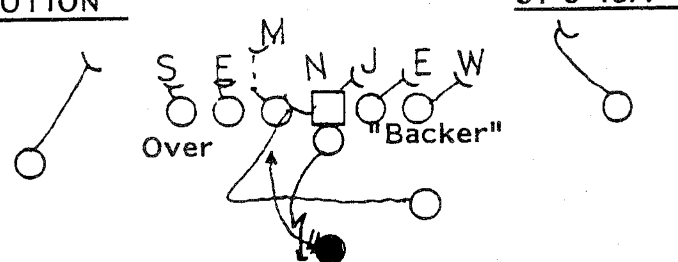
34 UNDER



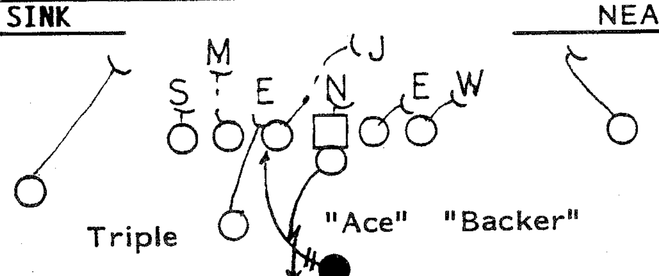
34 — FAR LT MOTION



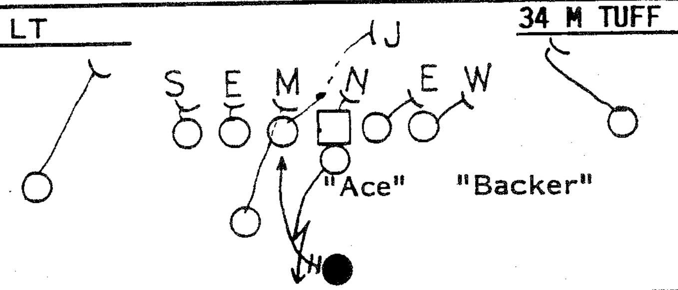
34 J TUFF



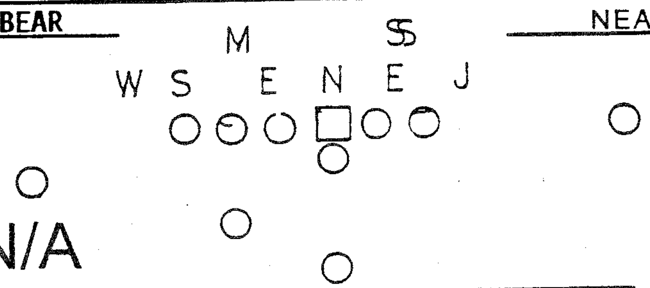
34 SINK — NEAR LT



34 M TUFF

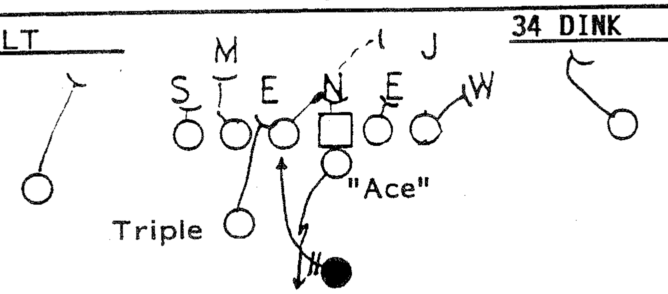


34 BEAR — NEAR LT



N/A

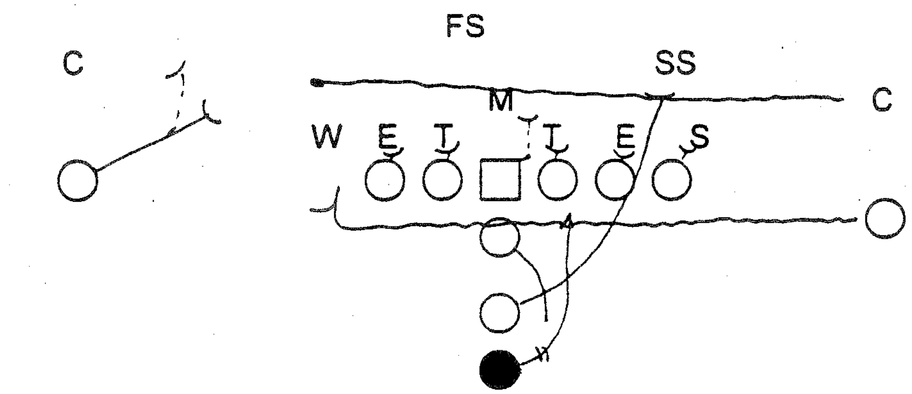
34 DINK



Play MUSCLE RT **Basic Blocking:** Zone

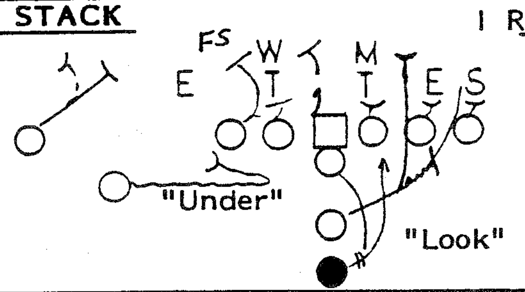
Formations:

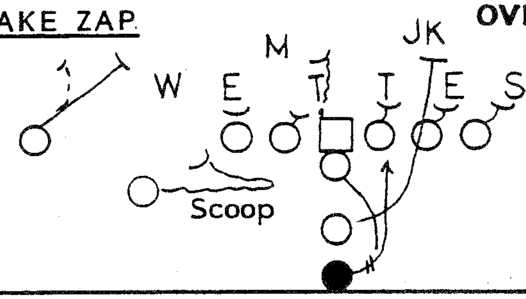
I SLOT FAKE ZAP
I
NEAR
I SLOT ZAP
I TIGHT (FLY)
GHOST



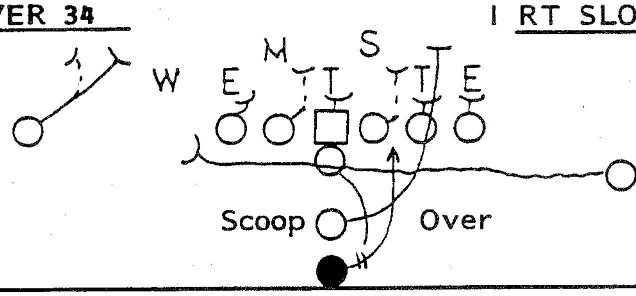
Ball Carrier:	Open step with near foot, cross over & chase outside leg of OT.
Back:	Block secondary force. Alert "Look".
Y:	Base, Alert. "Quad", "Triple", "Out"
X:	Backside Cut Off
Z:	Zap/Fake Zap - Block EMOL

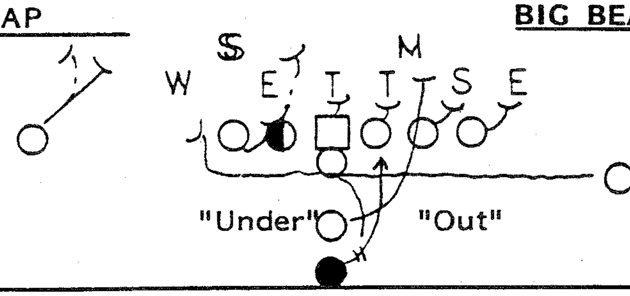
40 STACK I RT SLOT FAKE ZAP **OVER WIDE JS**



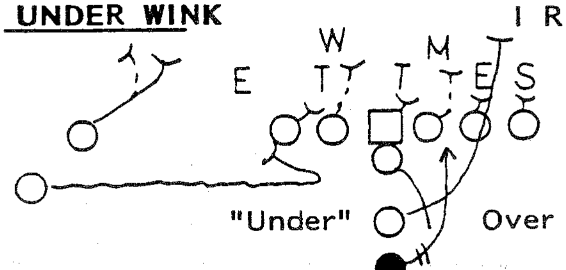


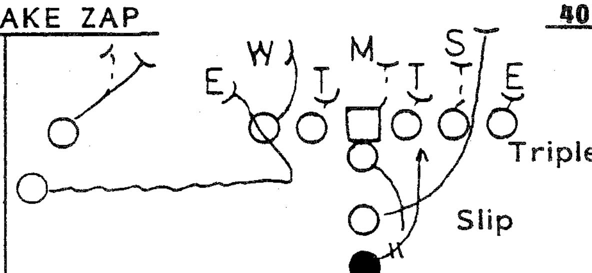
OVER 34 I RT SLOT ZAP **BIG BEAR**



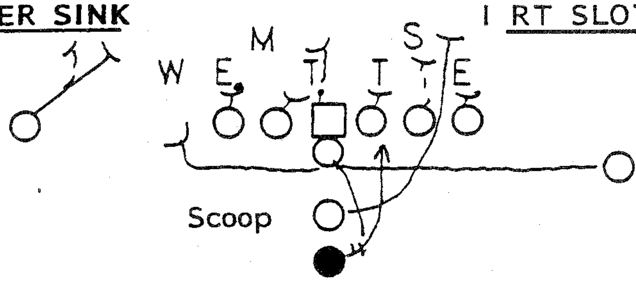


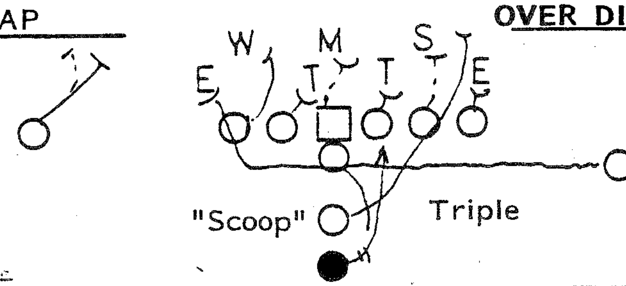
UNDER WINK I RT SLOT FAKE ZAP **40 DINK**





OVER SINK I RT SLOT ZAP **OVER DINK**





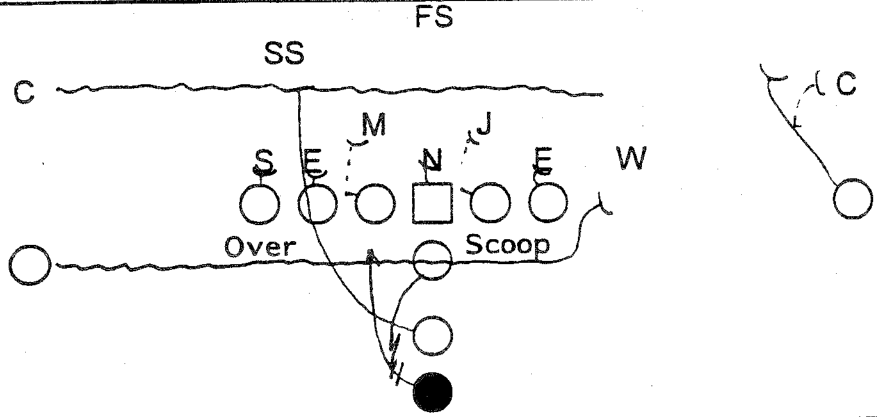
Play MUSCLE LT

Basic Blocking: Zone

QB Check Off:

Into:

Out Of:

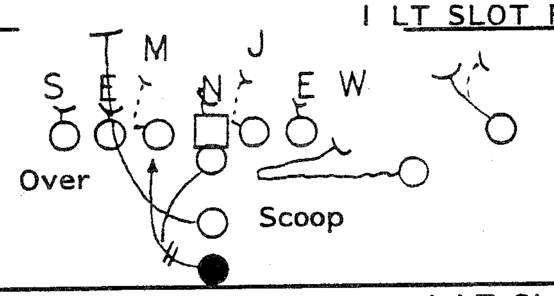


QB Action and Alerts:

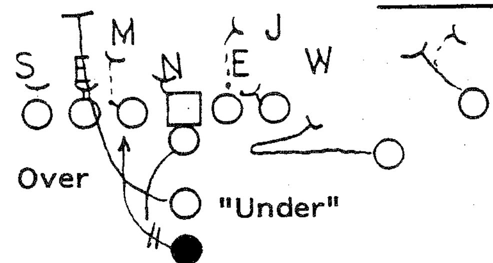
OPEN. GET BALL DEEP TO BACK. FAKE PLAY ACTION.

I LT SLOT FAKE ZAP

34

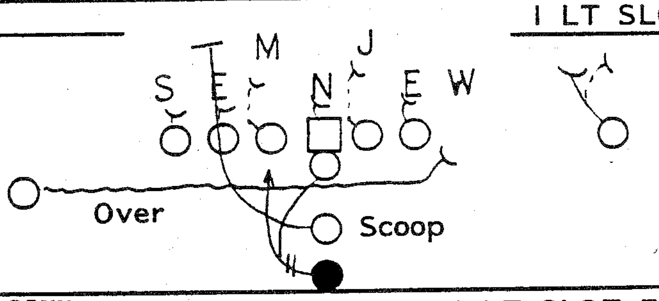


34 UNDER

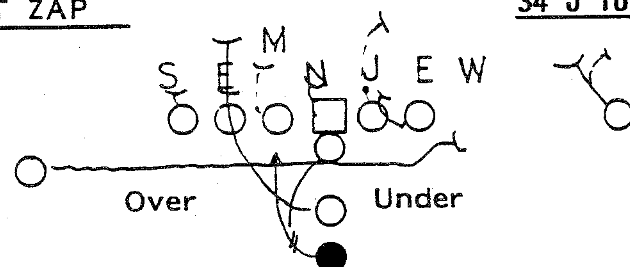


I LT SLOT ZAP

34

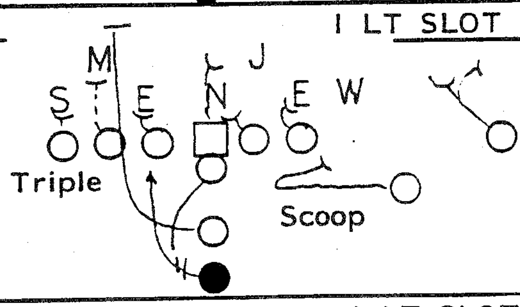


34 J TUFF

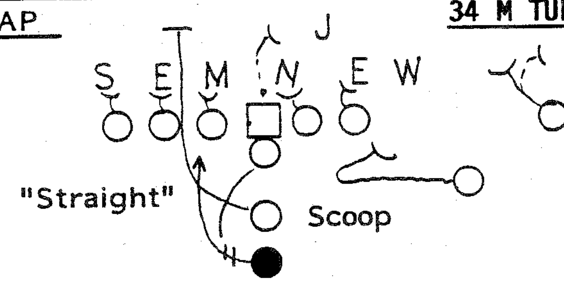


I LT SLOT FAKE ZAP

34 SINK

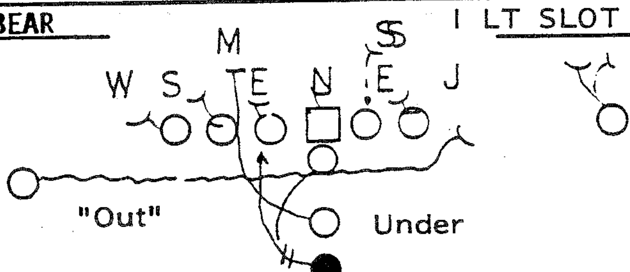


34 M TUFF

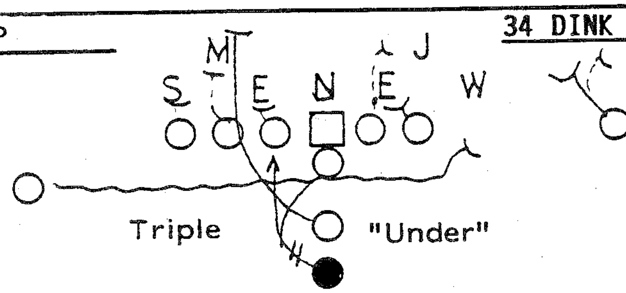


I LT SLOT ZAP

34 BEAR



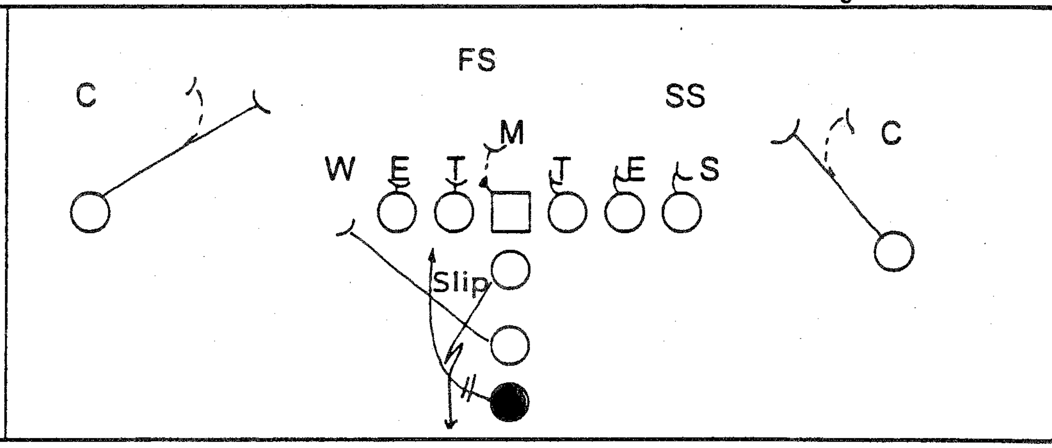
34 DINK



Play SLANT LT **Basic Blocking:** Zone

Formations:

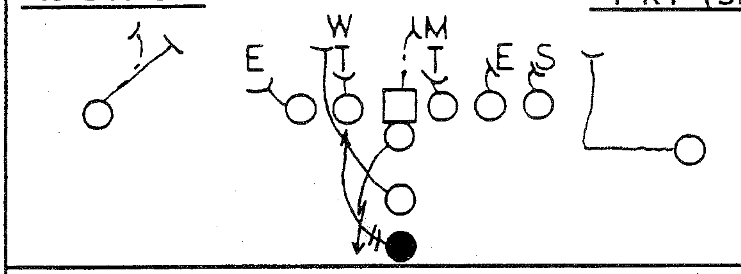
I (ZIP) (ZOOM)
FAR
NEAR JAM
I SLOT (SAIL)
I SLOT SLIP (GHOST)
TEX ORBIT, MOTION
FAR FLOAT
TEXAS ORBIT, MOTION



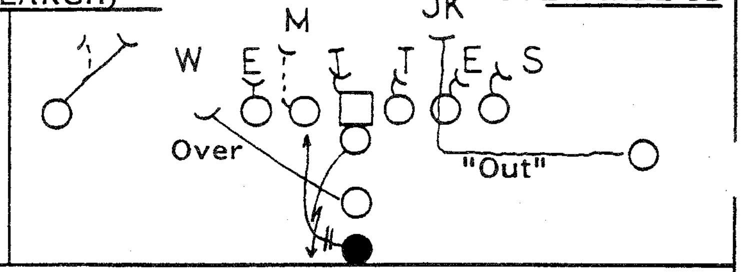
Ball Carrier:	Open step with near foot, cross over & chase outside leg of OT.
Back:	Block WLB.
Y:	Base cut off; Alert "Moon", "Plug".
X:	Playside - Block 1st force. Slot - Block DB over you. Alert Dbl Crk.
Z:	Backside-Cut Off. Alert Search. In Slot - Block DB over you. Alert Dbl Crk.

I RT (SEARCH)

40 STACK

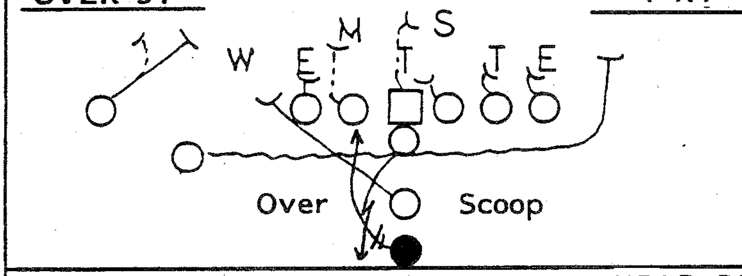


OVER WIDE JS

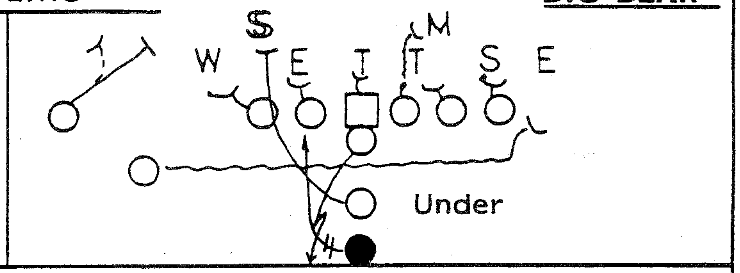


I RT ZING

OVER 34

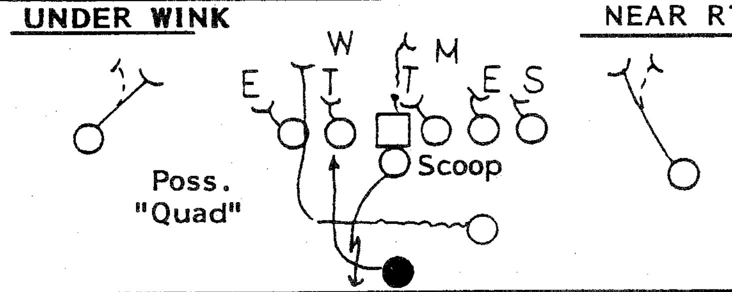


BIG BEAR

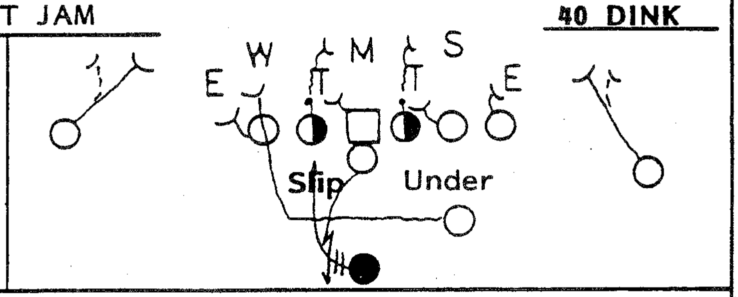


NEAR RT JAM

UNDER WINK

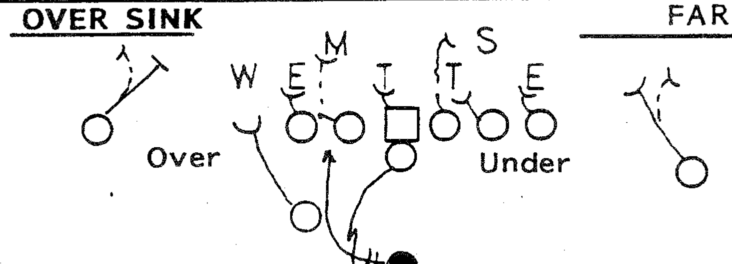


40 DINK

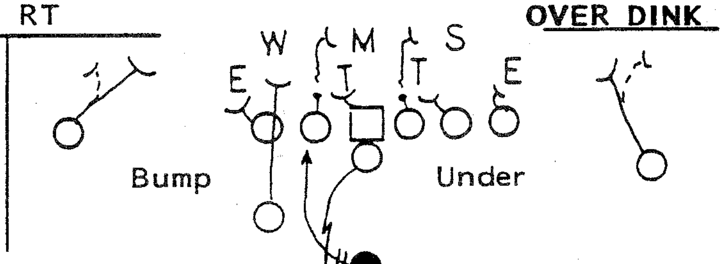


FAR RT

OVER SINK

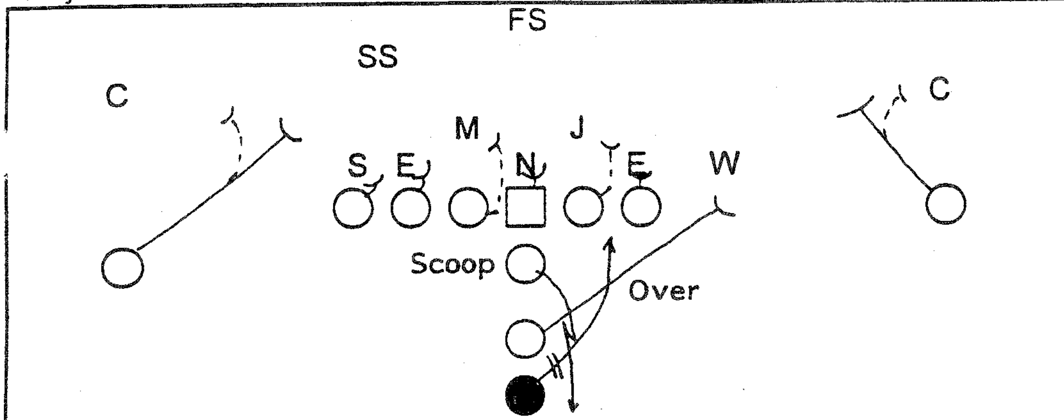


OVER DINK



Play SLANT RT

Basic Blocking: Zone



QB Check Off:

ALERT

Into:

POSS. "PLUS"
GAME PLAN

Out Of:

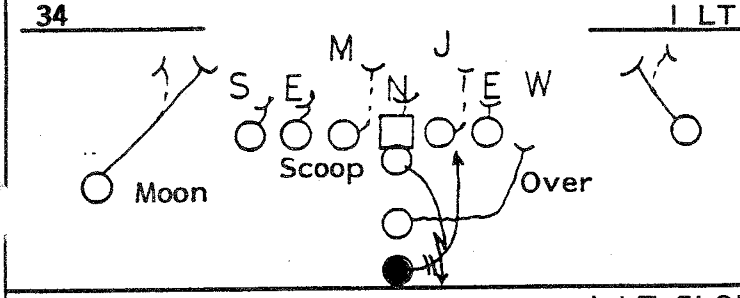
FS UP

QB Action and Alerts:

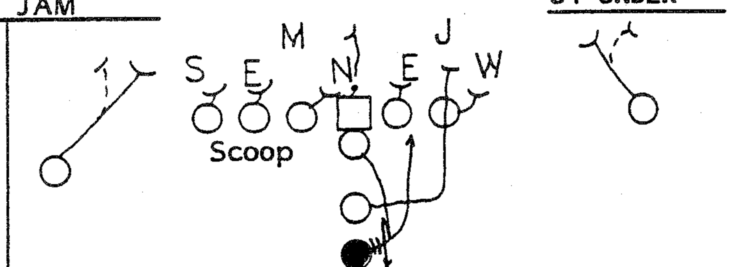
OPEN, GET BALL DEEP TO BACK. FAKE SLANT, BOOT PLAY ACTION.

34

I LT JAM

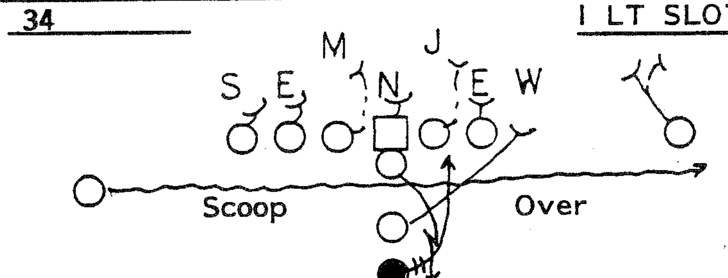


34 UNDER

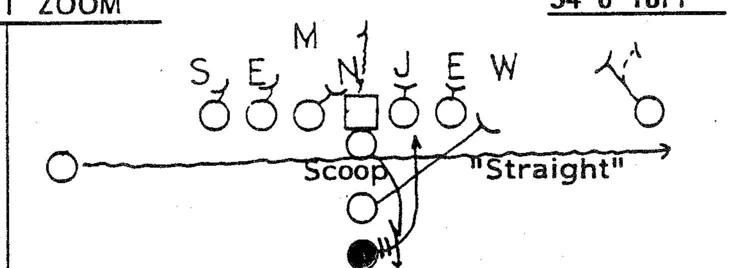


34

I LT SLOT ZOOM

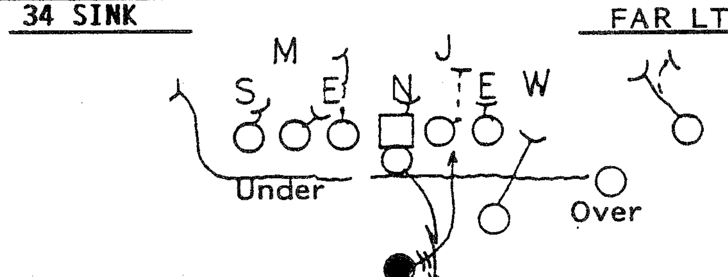


34 J TUFF

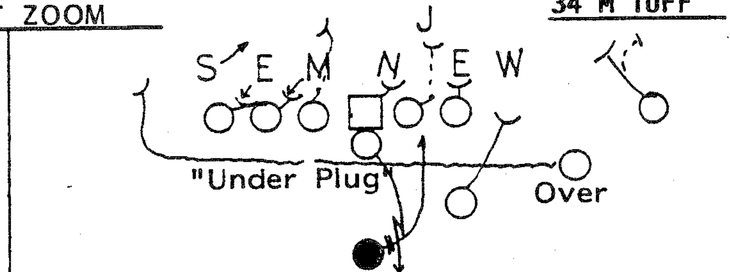


34 SINK

FAR LT ZOOM

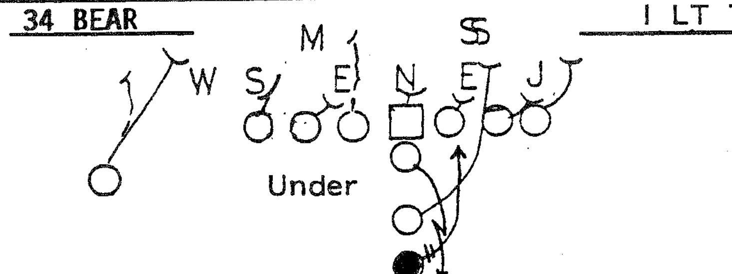


34 M TUFF

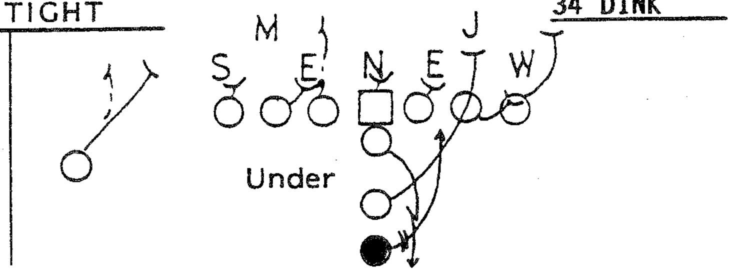


34 BEAR

I LT TIGHT

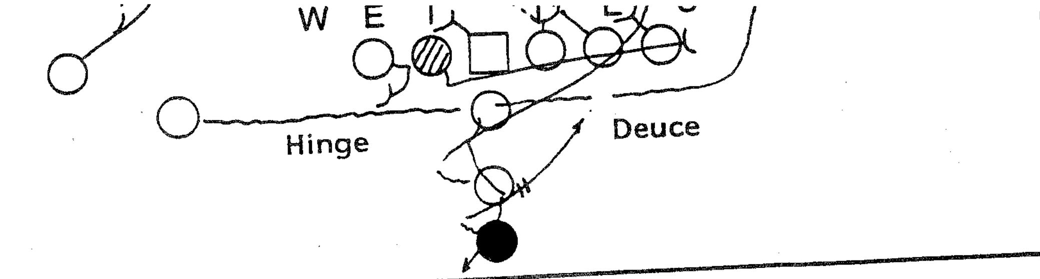


34 DINK



COUNTERS/TRAPS

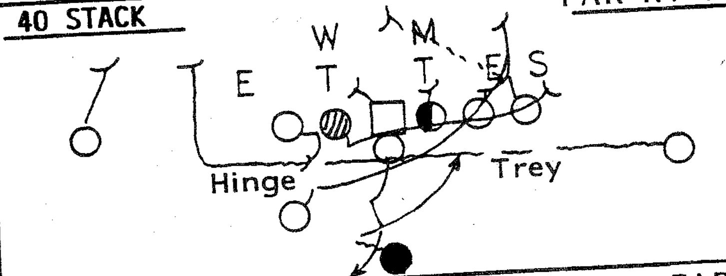
FAR (ZOOM) (...)
TEX
DEUCE (ORBIT)



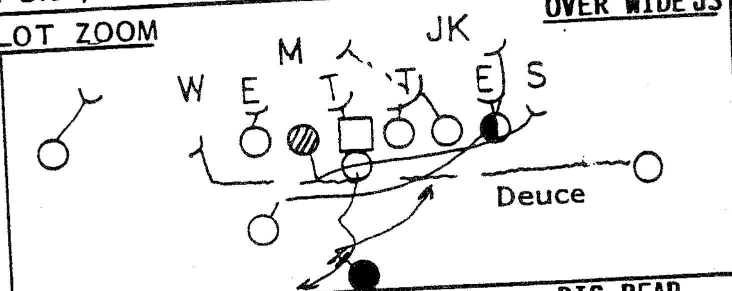
Ball Carrier:	Jump step. Read FB for cut. Aiming point, inside leg of OT.
Back:	Step up. Read Guard's block and lead inside or outside for Bubble Backer.
Y:	Gap block DE or Mike. Alert Trey to far LB.
X:	Backside - Cut Off
Z:	Play side - Block 1st force. In Slot, block Man over you.

FAR RT SLOT ZOOM

40 STACK

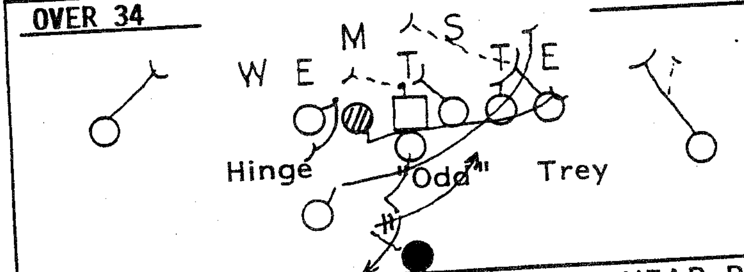


OVER WIDE JS

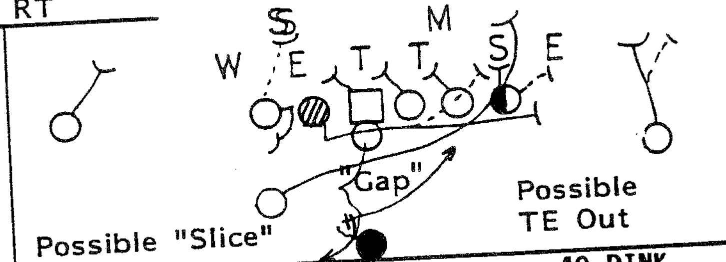


FAR RT

OVER 34

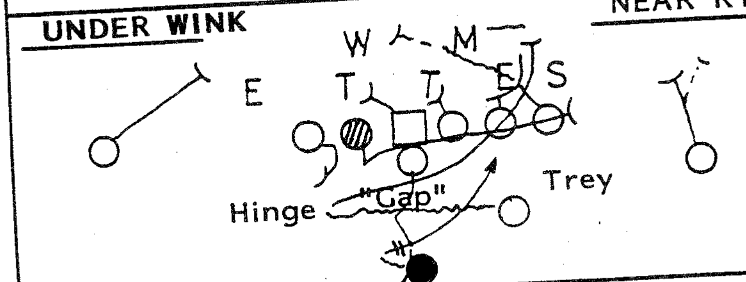


BIG BEAR

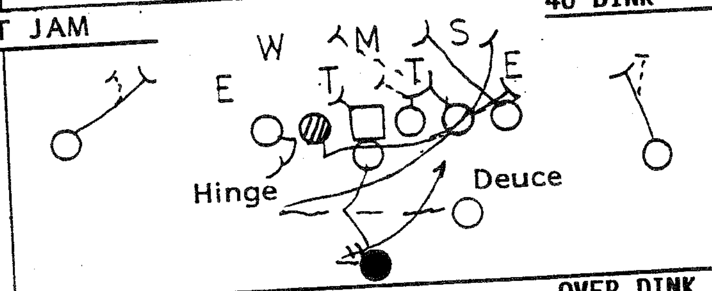


NEAR RT JAM

UNDER WINK

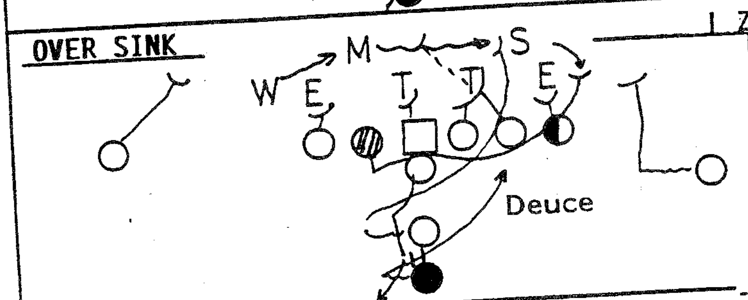


40 DINK

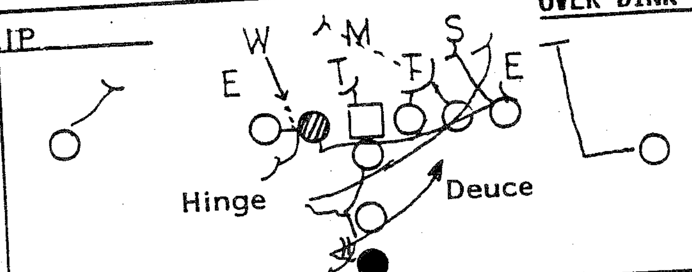


I ZIP

OVER SINK

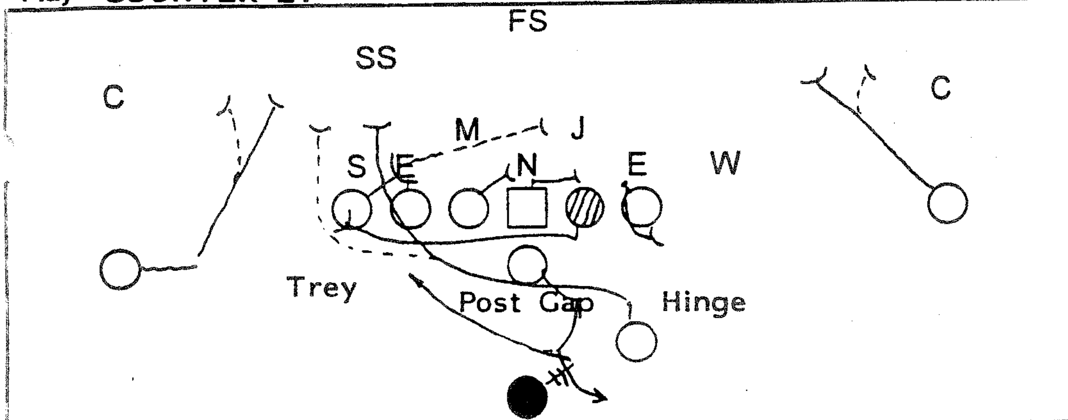


OVER DINK



Play COUNTER LT

Basic Blocking: Counter Trap



QB Check Off:

ALERT

Into:

GAME PLAN

Out Of:

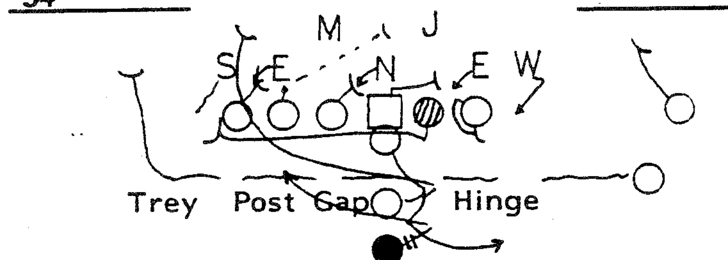
BEAR
S/S UP

QB Action and Alerts:

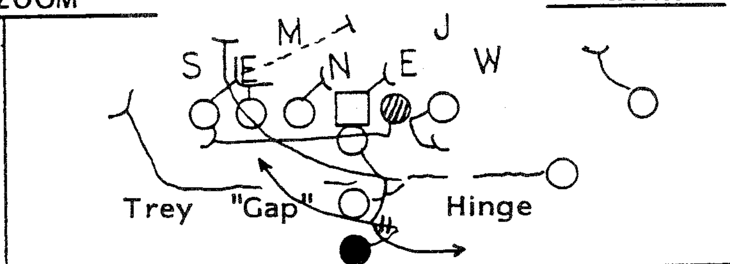
OPEN AWAY FROM THE HOLE. OVER THE TOP BALL HANDLING.
FAKE NAKED.

I LT ZOOM

34

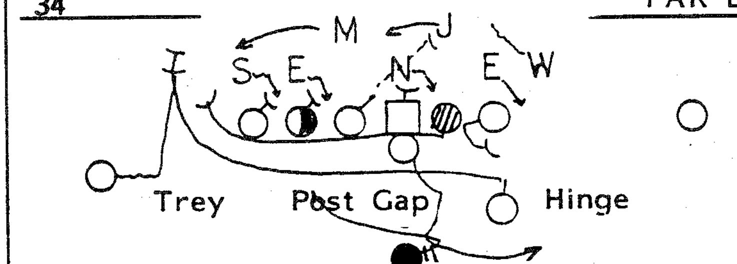


34 WINK

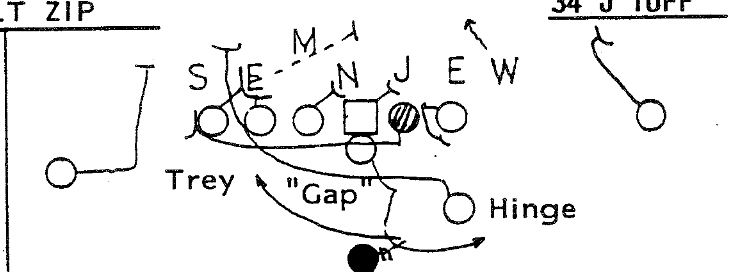


FAR LT ZIP

34

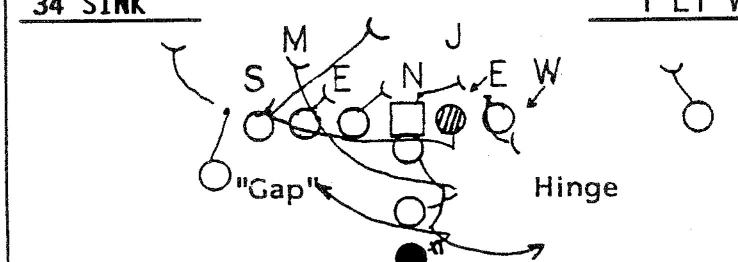


34 J TUFF

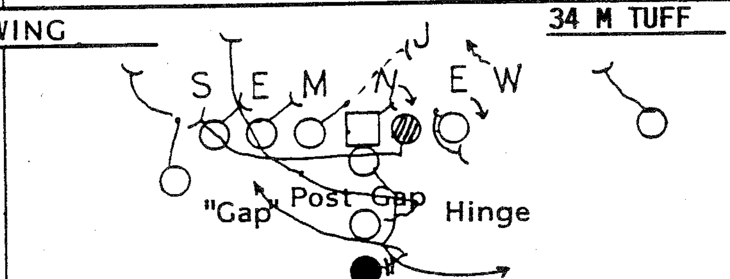


I LT WING

34 SINK

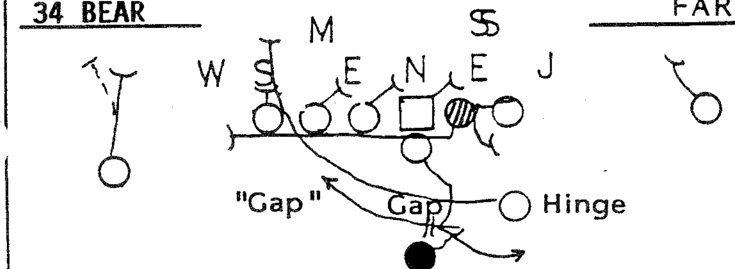


34 M TUFF

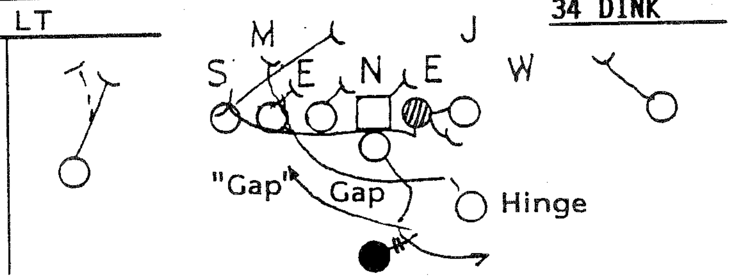


FAR LT

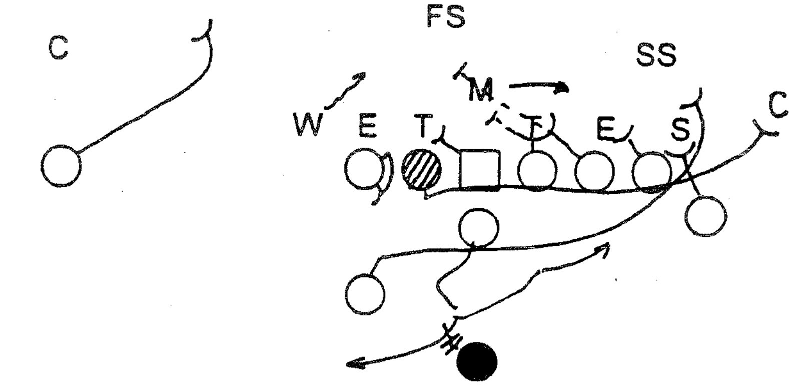
34 BEAR



34 DINK



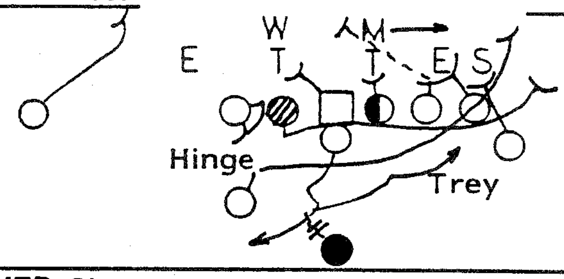
Play Giant Counter RT **Basic Blocking:** Counter Trap

Formations:	
I Wing Far Wing Near Wing (Motion)	

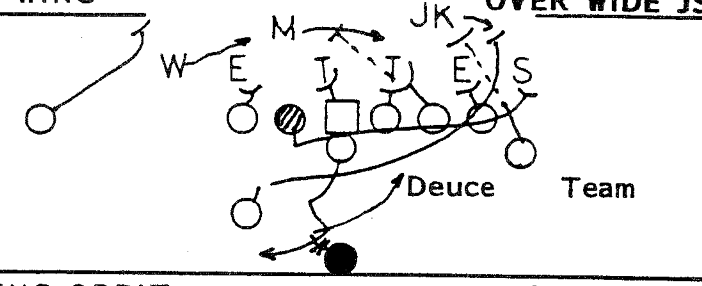
Ball Carrier:	Jump step read FB for Cut.
Back:	Step up, read Guard's block and lead inside or outside for Bubble Backer.
Y:	Gap block. "TREY" to far LB, "TEAM" to near LB.
X:	Balckside - cut off.
Z: (2nd TE)	Gap Block. Possible "Team"

FAR RT WING

40 STACK

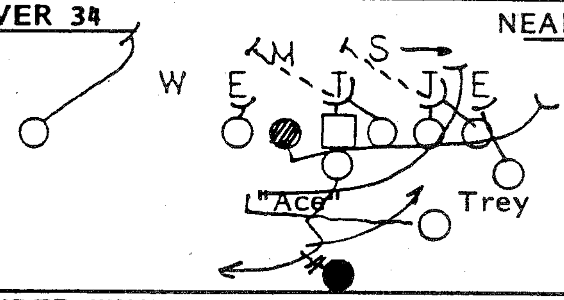


OVER WIDE JS

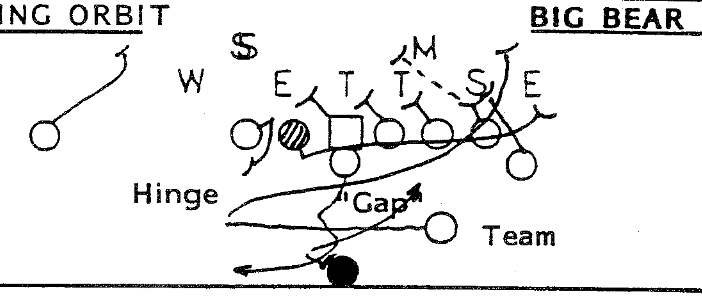


NEAR RT WING ORBIT

OVER 34

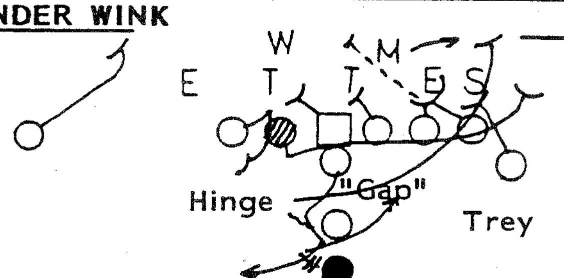


BIG BEAR

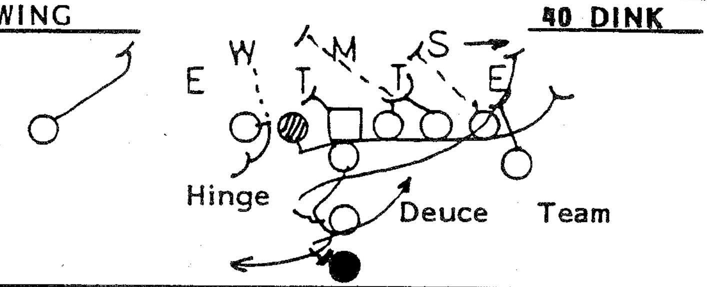


I RT WING

UNDER WINK

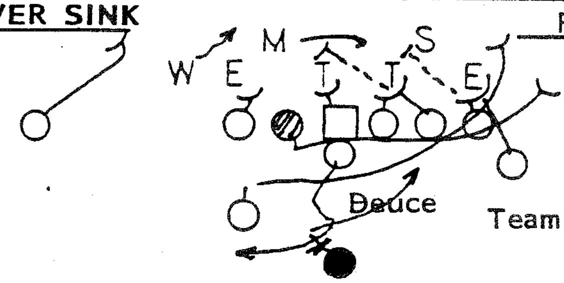


40 DINK

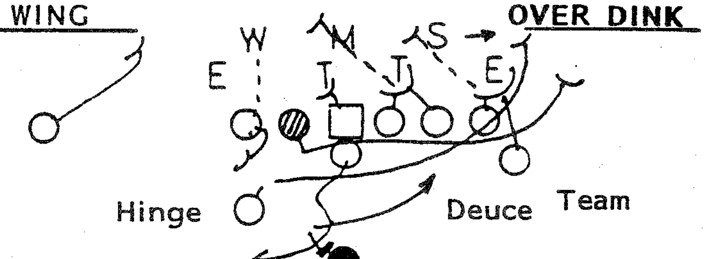


FAR RT WING

OVER SINK

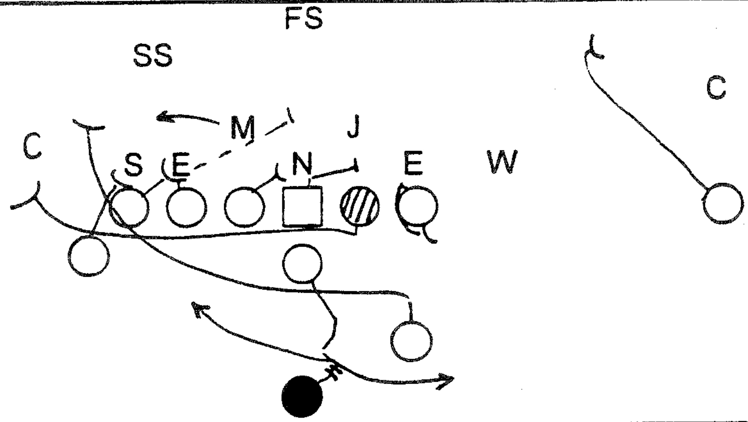


OVER DINK



Play Giant Counter LT

Basic Blocking: Counter Trap



QB Check Off:

Into:

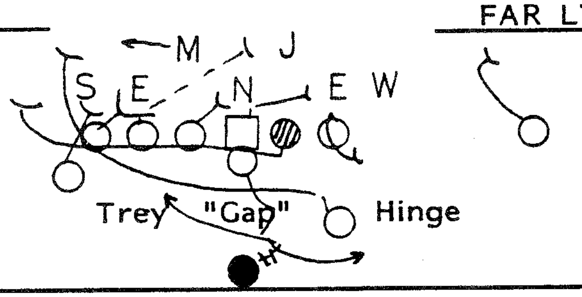
Out Of:

QB Action and Alerts:

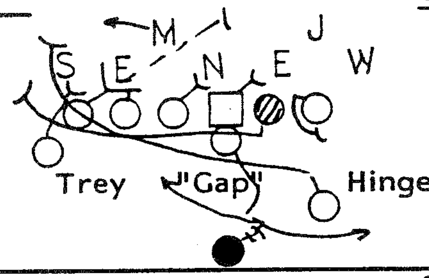
OPEN AWAY FROM HOLE, OVER THE TOP OF BALL HANDLING. FAKE NAKED.

FAR LT WING

34

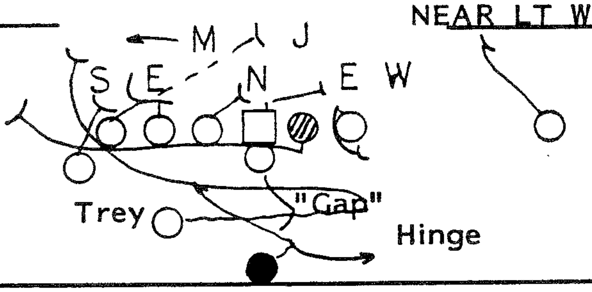


34 UNDER

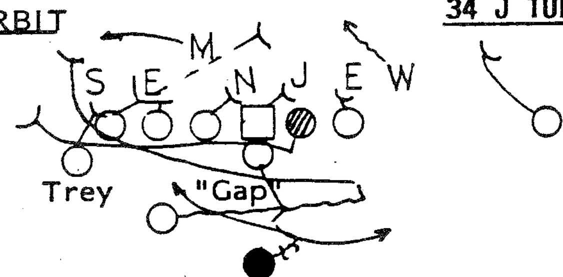


NEAR LT WING ORBIT

34

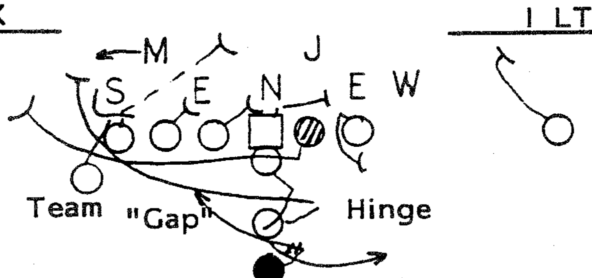


34 J TUFF

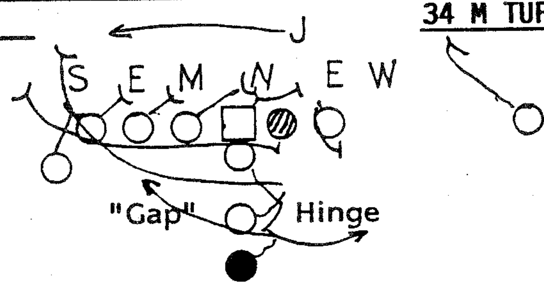


I LT WING

34 SINK

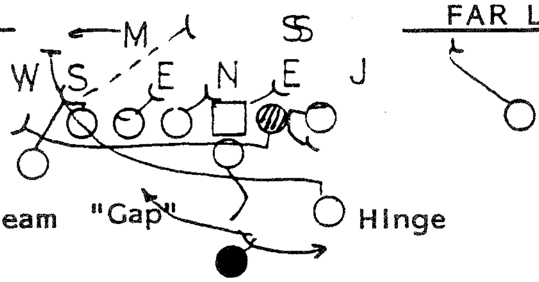


34 M TUFF

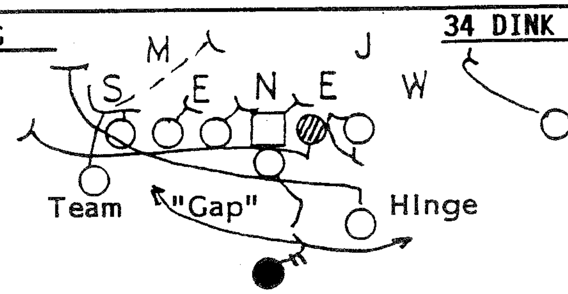


FAR LT WING

34 BEAR



34 DINK

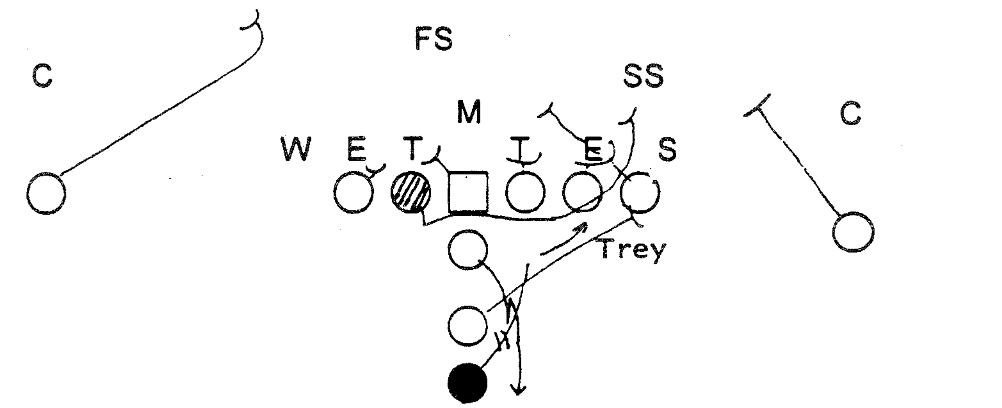


Play: POWER RT

Basic Blocking: GAP TRAP

Formations:

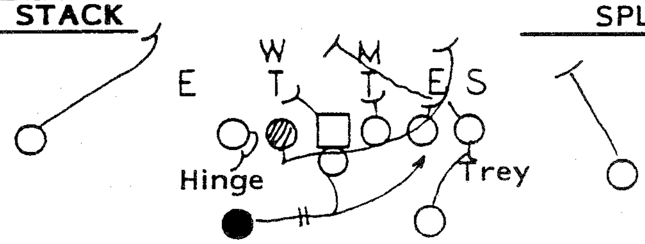
- I
- NEAR
- FAR MOTION
- TWINS MOTION



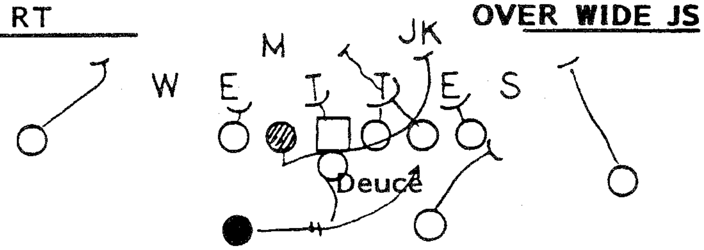
Ball Carrier:	Jump step. Aiming point, inside LEG of OT.
Back:	Block first man outside of TE.
Y:	Gap block DE or Mike. Alert Trey to far LB.
X:	Backside - Cut off.
Z:	Playside - Block 1st force.

SPLIT RT

40 STACK

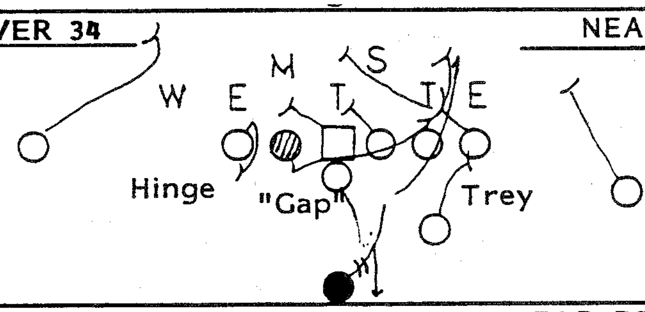


OVER WIDE JS

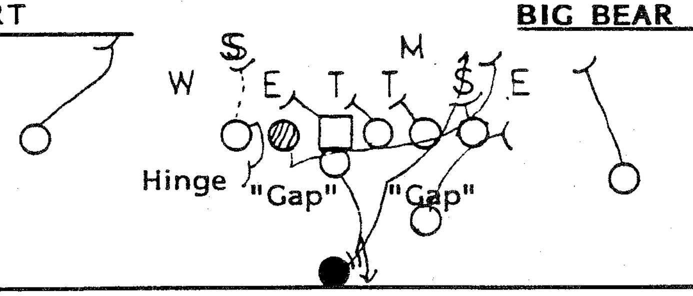


NEAR RT

OVER 34

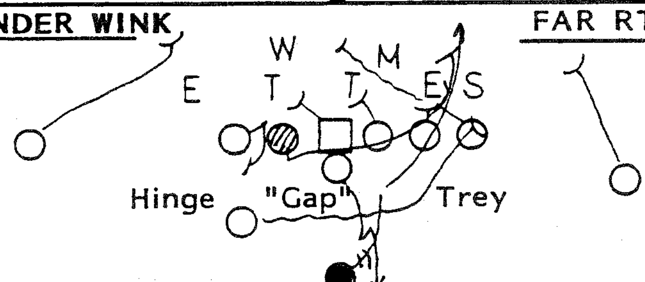


BIG BEAR

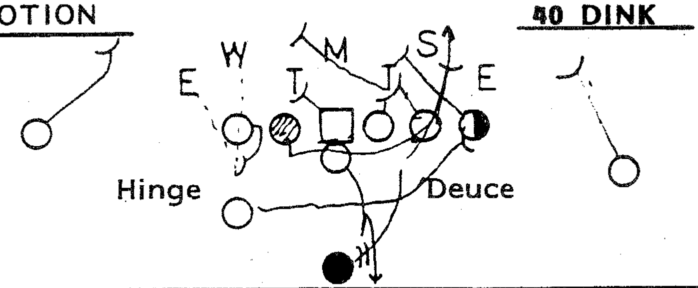


FAR RT MOTION

UNDER WINK

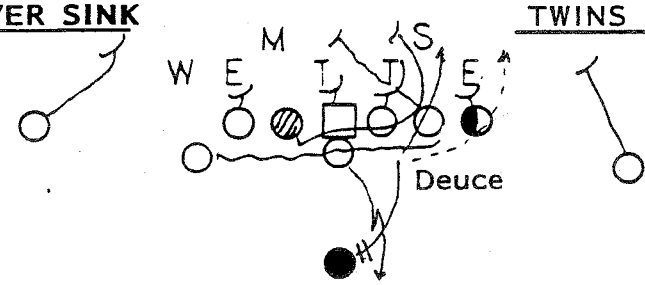


40 DINK

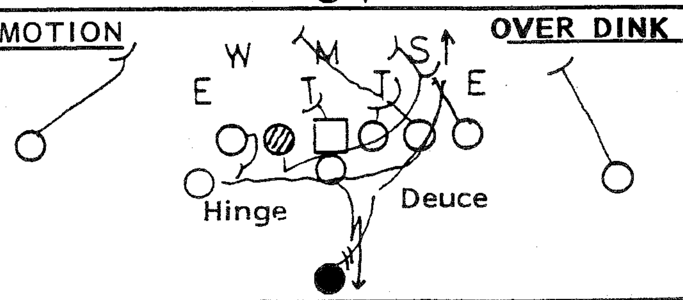


TWINS RT MOTION

OVER SINK

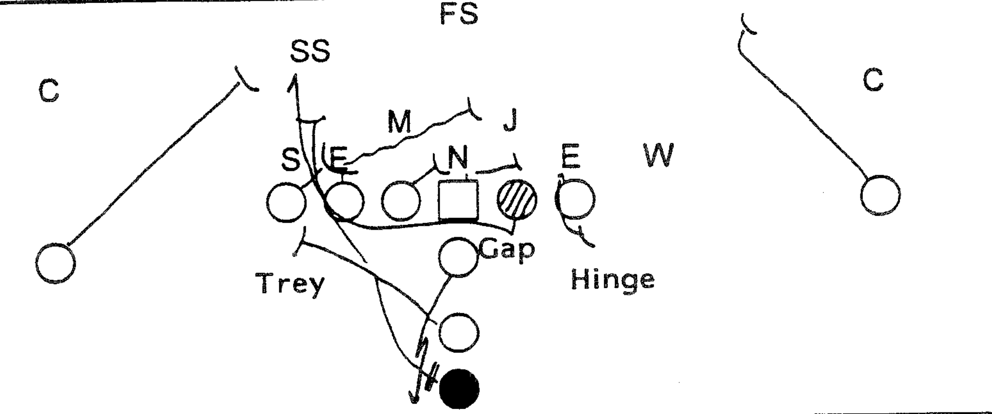


OVER DINK



Play ' POWER LT

Basic Blocking: GAP TRAP



QB Check Off:

ALERT

Into:

GAME PLAN

Out Of:

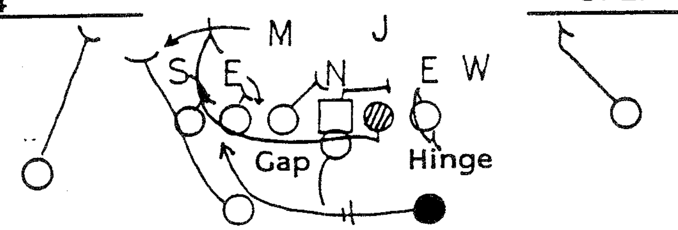
BEAR
S/S DOWN

QB Action and Alerts:

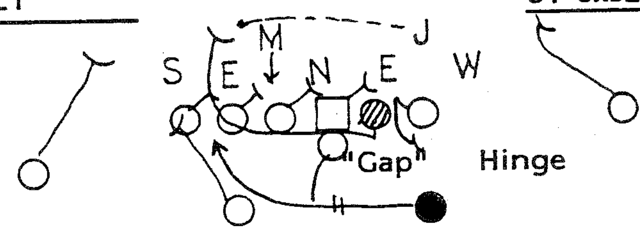
OPEN. GET BALL DEEP TO BACK. FAKE BOOT.

SPLIT LT

34

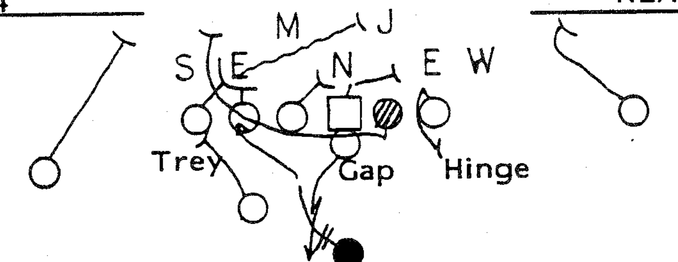


34 UNDER

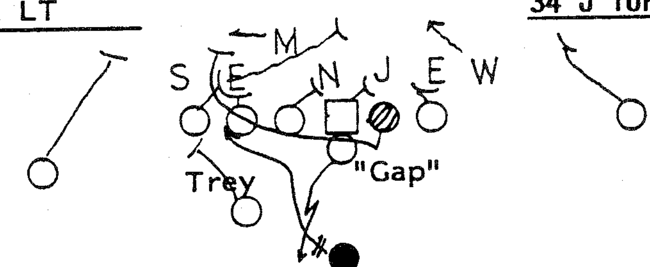


NEAR LT

34

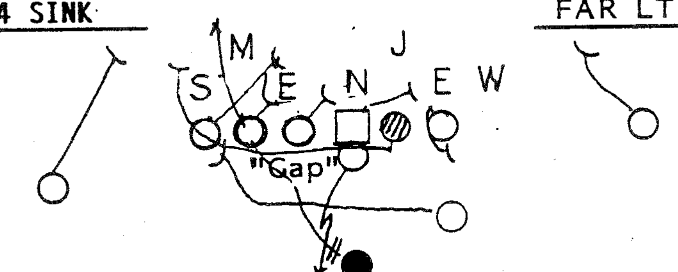


34 J TUFF

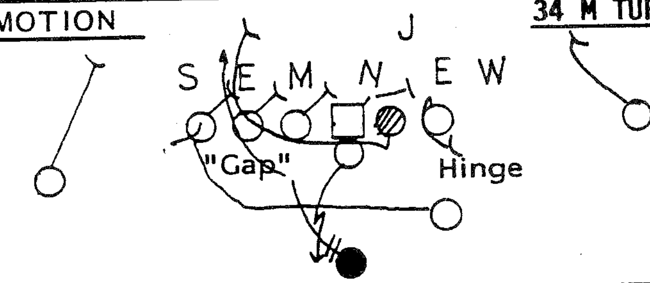


FAR LT MOTION

34 SINK

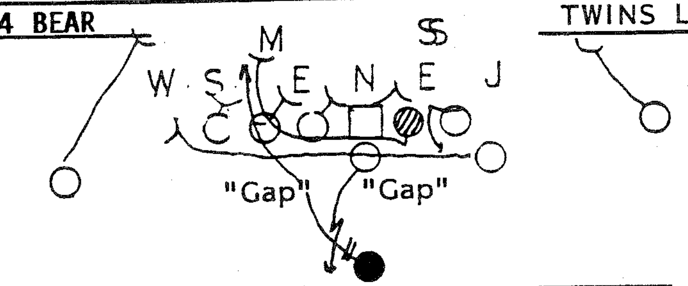


34 M TUFF

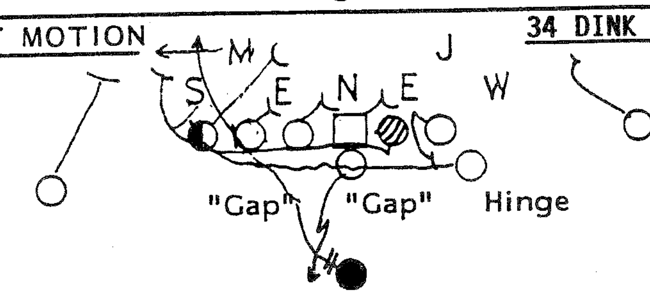


TWINS LT MOTION

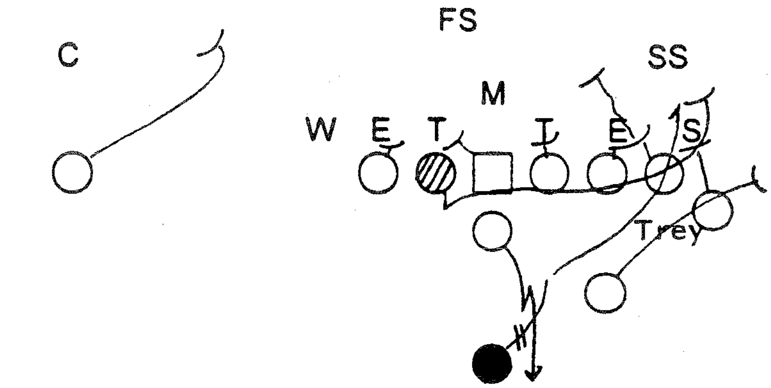
34 BEAR



34 DINK



Play GIANT POWER RT **Basic Blocking:** GAP TRAP

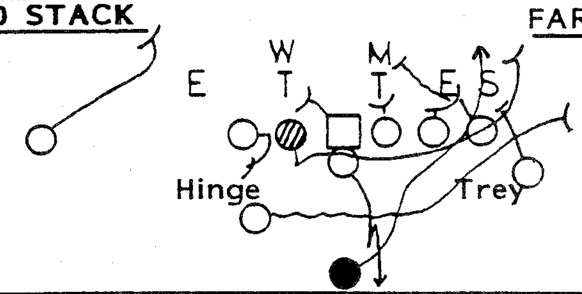
Formations:	
NEAR WING FAR WING MOTION	

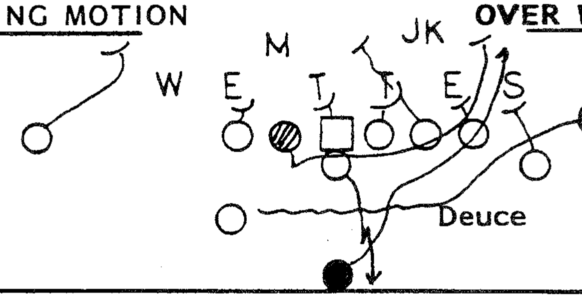
Ball Carrier:	Jump step. Aiming point, inside leg of TE.
Back:	Block 1st man outside of Z (2nd TE)
Y:	Gap block "Trey" to far LB, "Team" to near LB
X:	Backside - Cut off
Z: (2nd TE)	Gap Blocking. Possible "Team".

40 STACK

FAR RT WING MOTION

OVER WIDE JS

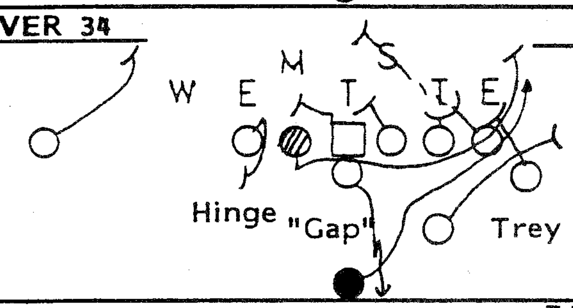


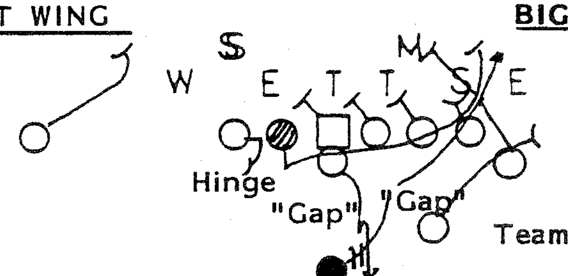


OVER 34

NEAR RT WING

BIG BEAR

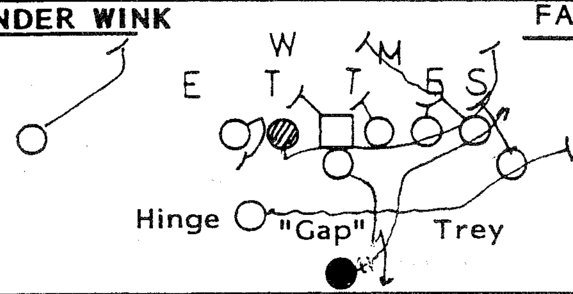


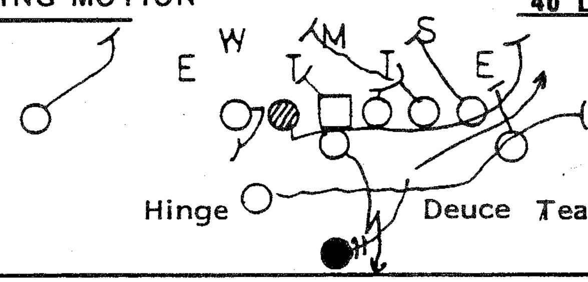


UNDER WINK

FAR RT WING MOTION

40 DINK

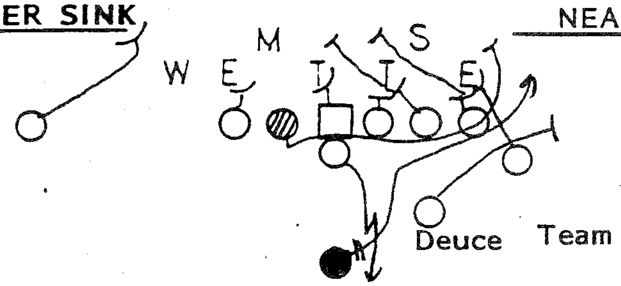


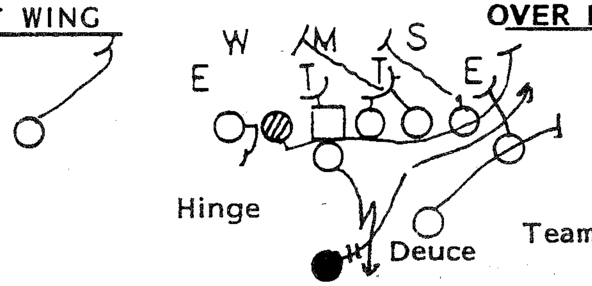


OVER SINK

NEAR RT WING

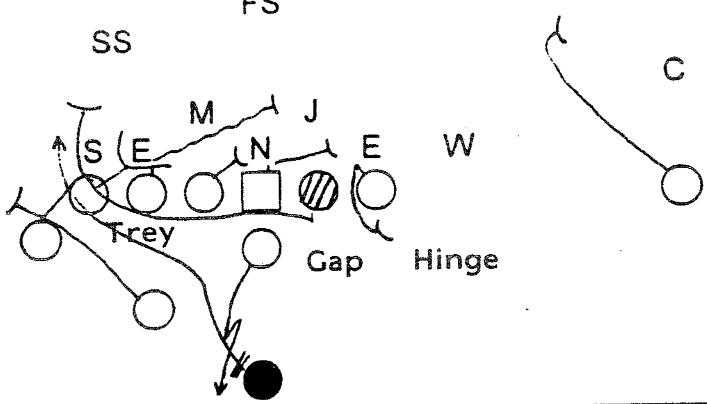
OVER DINK





Play GIANT POWER LT

Basic Blocking: GAP TRAP



QB Check Off:

Into:

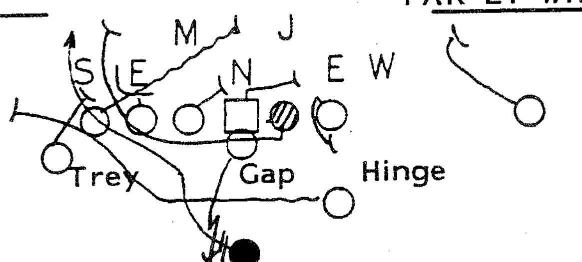
Out Of:

QB Action and Alerts:

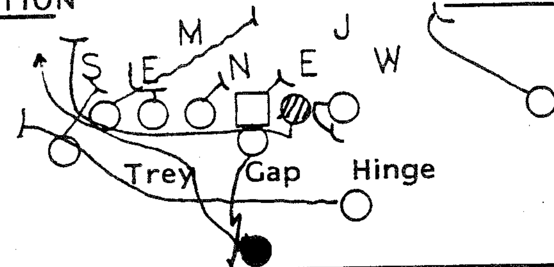
OPEN. GET BALL DEEP TO BACK. FAKE BOOT

34

FAR LT WING MOTION

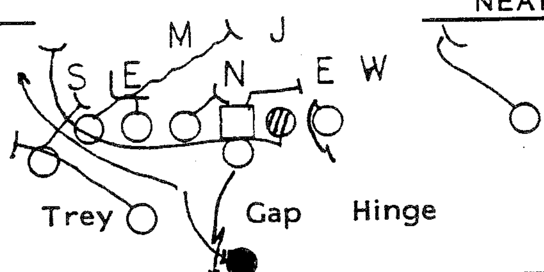


34 UNDER

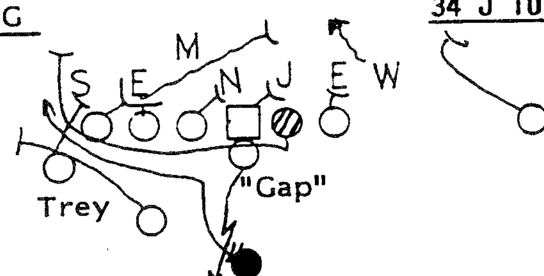


34

NEAR LT WING

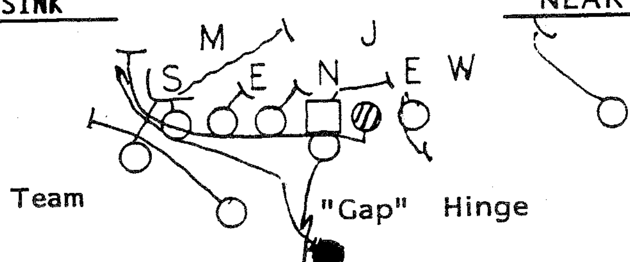


34 J TUFF

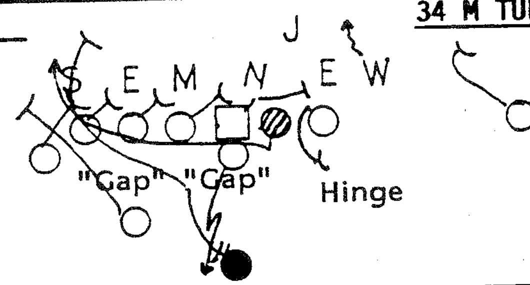


34 SINK

NEAR LT WING

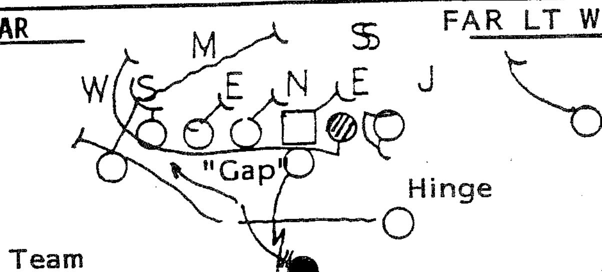


34 M TUFF

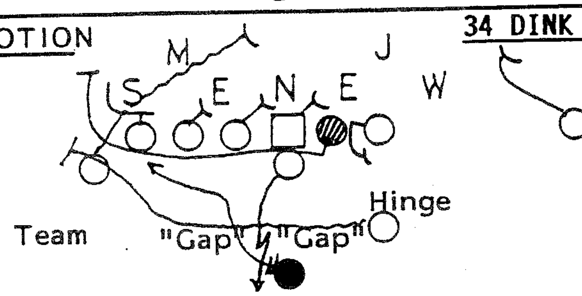


34 BEAR

FAR LT WING MOTION



34 DINK

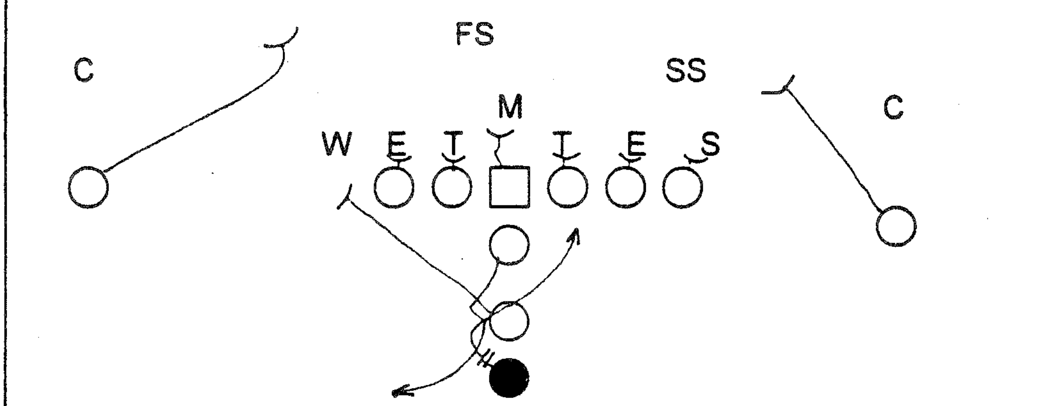


Play Number: SLANT LT SCISSORS

Basic Blocking: BASE COUNTER

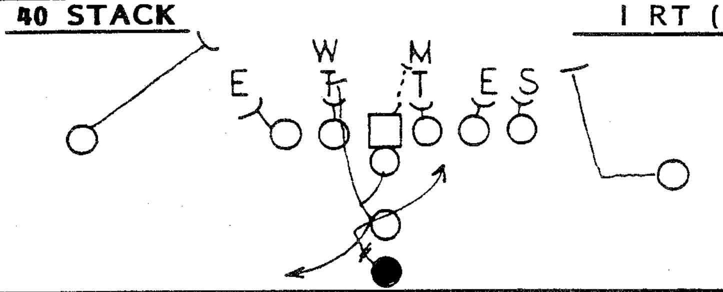
Formations:

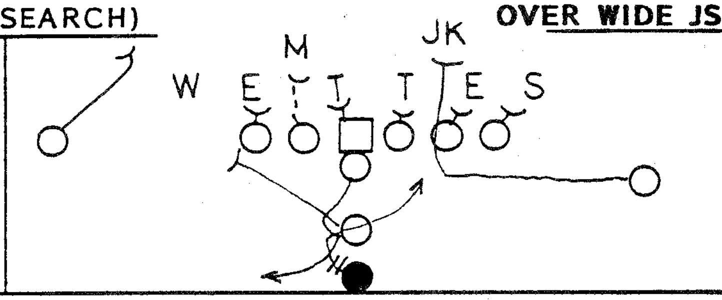
FAR
NEAR JAM
DEUCE
I (ZOOM)
DEUCE JAM
(2T) I TITE (FLY)



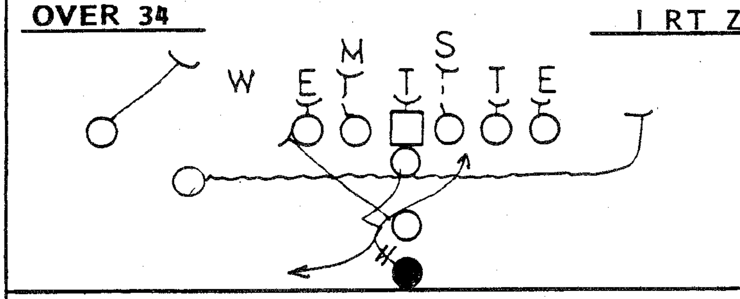
Ball Carrier:	PIVOT, LEAD, CROSS OVER AND BEND BACK. AIMING POINT IS INSIDE LEG OF OT.
Back:	BLOCK WILL. ALERT FS
Y:	BASE - ALERT: "OUT". IF FLY, BLOCK 1ST MAN OUTSIDE OT.
X:	BACKSIDE-CUT OFF. SLOT-BLOCK DB OVER YOU
Z:	PLAYSIDE-BLOCK 1ST FORCE. IN SLOT-BLOCK MAN OVER YOU.

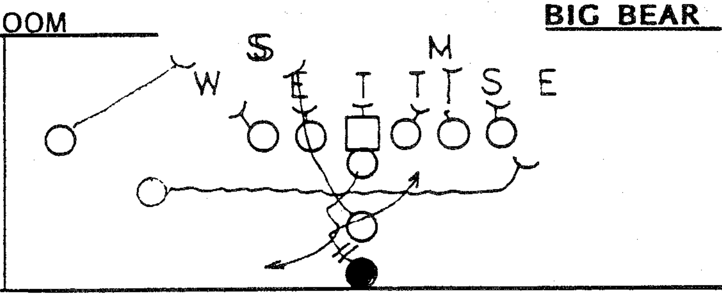
40 STACK — I RT (SEARCH) — **OVER WIDE JS**



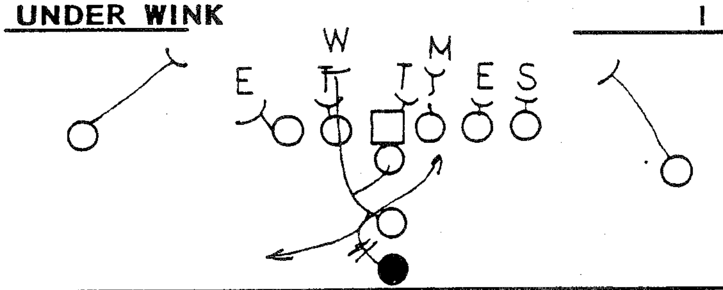


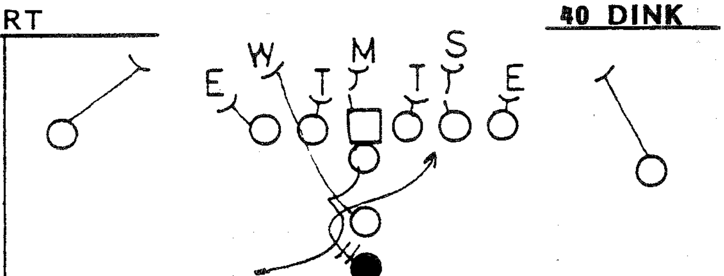
OVER 34 — I RT ZOOM — **BIG BEAR**



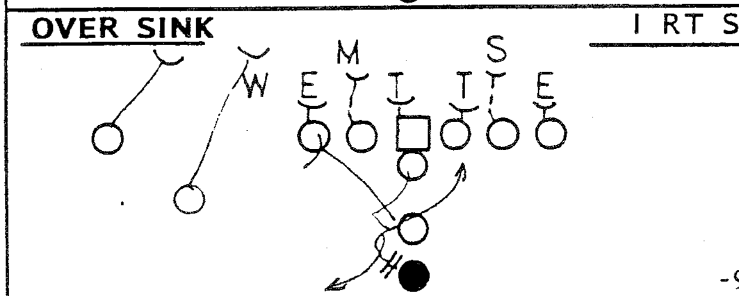


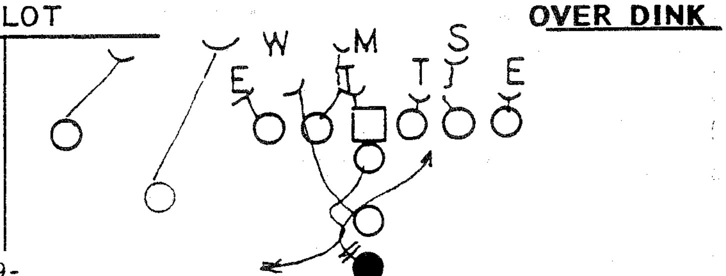
UNDER WINK — I RT — **40 DINK**





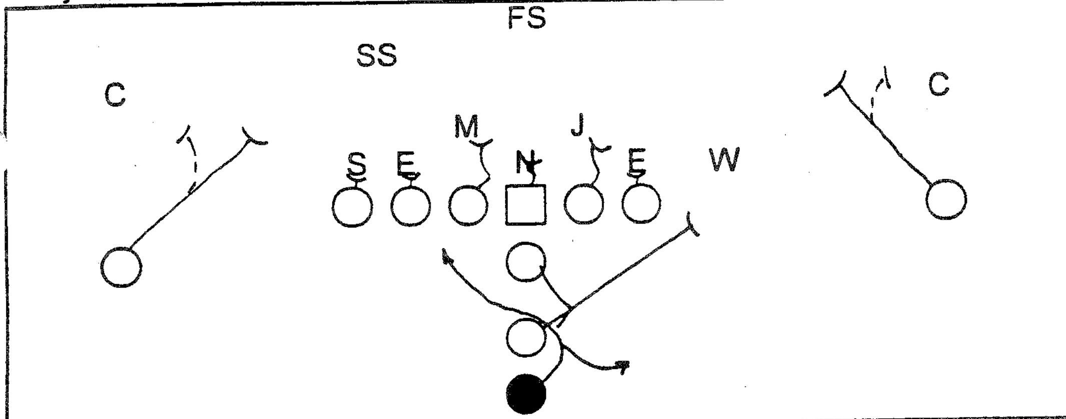
OVER SINK — I RT SLOT — **OVER DINK**





Play SLANT RT SCISSORS

Basic Blocking: Base Counter



QB Check Off:

ALERT

Into:

GAME PLAN

Out Of:

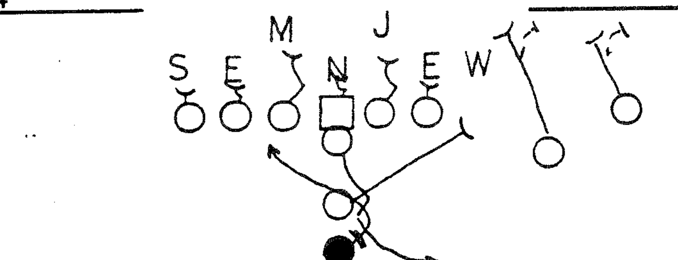
BEAR
S/S UP

QB Action and Alerts:

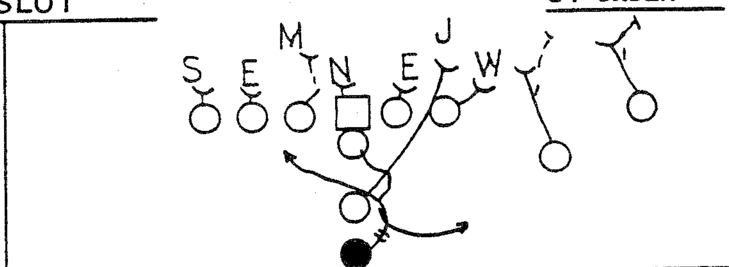
OPEN AWAY FROM THE HOLE. FAKE SLANT, HAND BALL OVER THE TOP TO BACK.

I LT SLOT

34

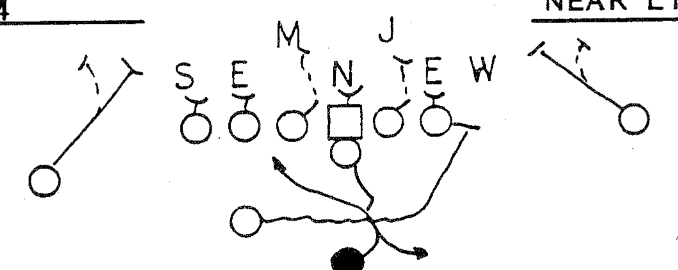


34 UNDER

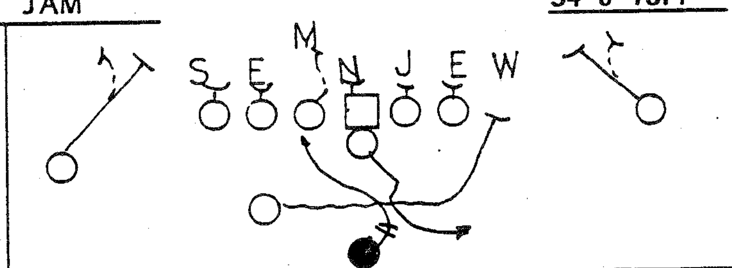


NEAR LT JAM

34

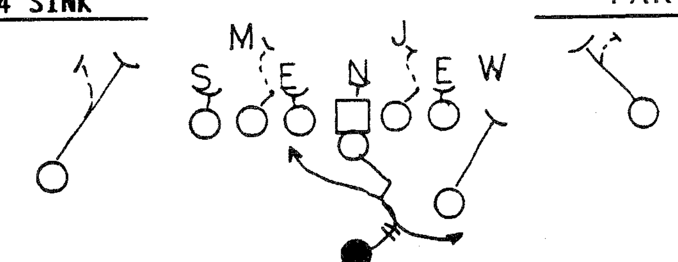


34 J TUFF

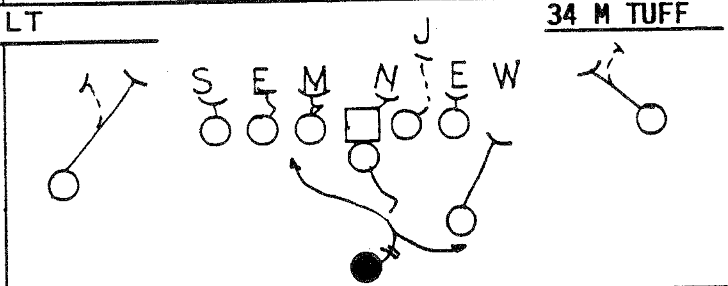


FAR LT

34 SINK

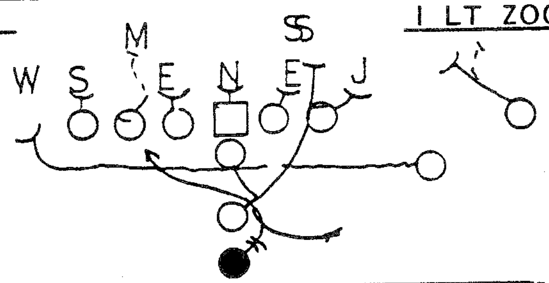


34 M TUFF

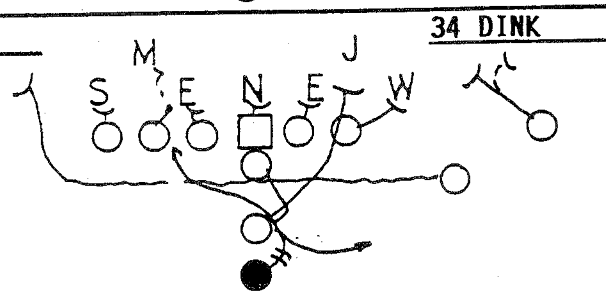


I LT ZOOM

34 BEAR



34 DINK

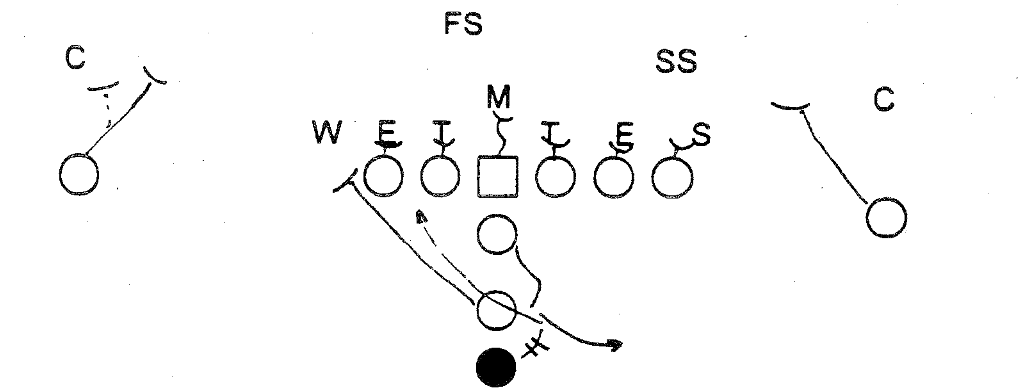


Play BELLY RT SCISSORS

Basic Blocking: BASE COUI

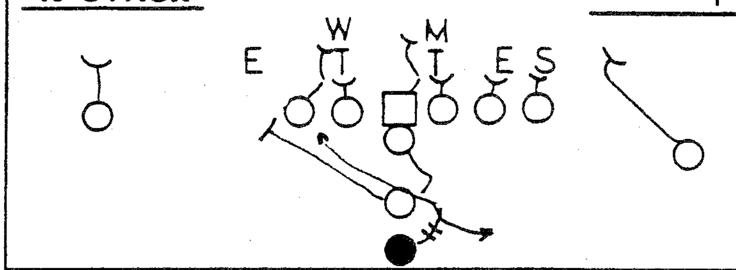
Formations:

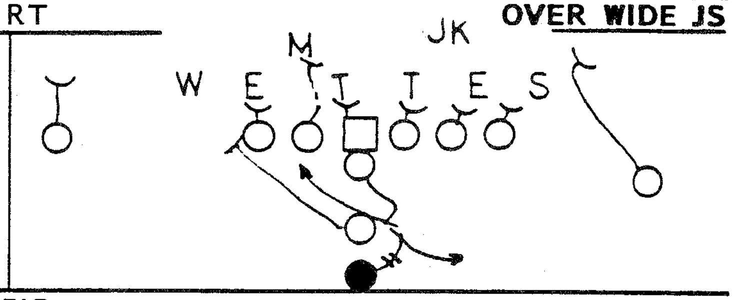
I
FAR
NEAR JAM
DEUCE JAM
FAR (ZOOM)
TEX (MOTION)(ORBIT)



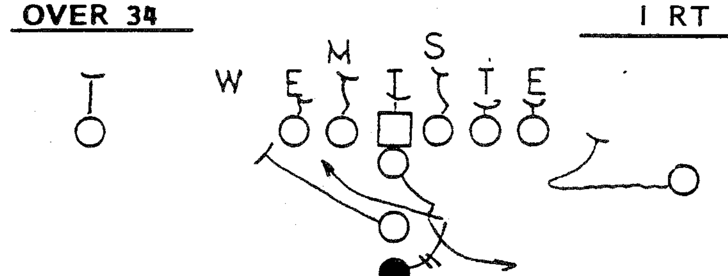
Ball Carrier:	Pivot, Lead, Cross over and bend back. Aiming point is inside hip of OT.
Back:	Block EMOL
Y:	Base, Possible, "Quad", "Triple".
X:	Playside - Block 1st force. Slot - block DB over you. Alert Dbl Crk.
Z:	Backside - Cut off, in Slot - Block DB over you. Alert Dbl Crk.

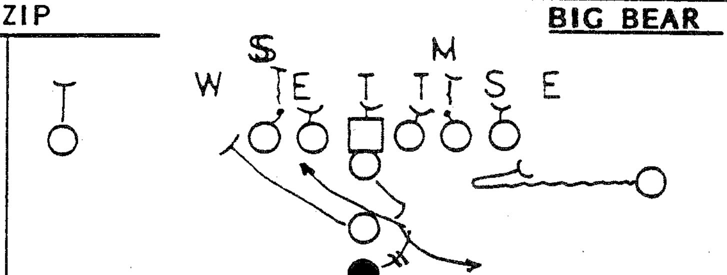
40 STACK I RT **OVER WIDE JS**



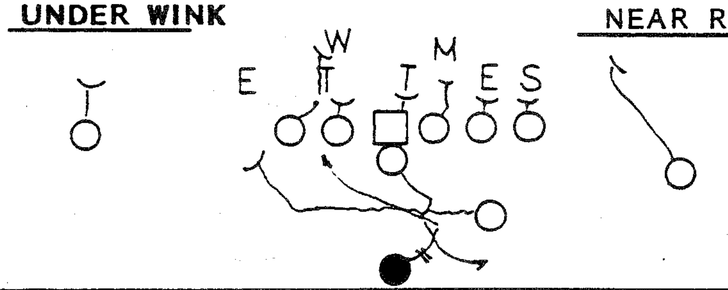


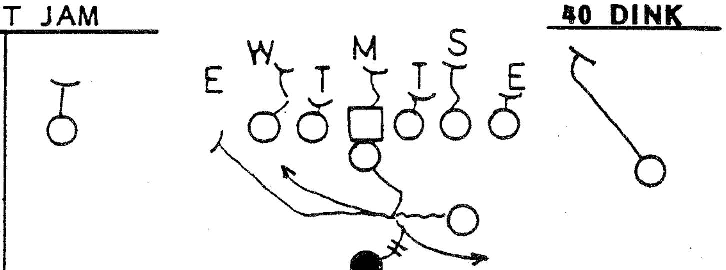
OVER 34 I RT ZIP **BIG BEAR**



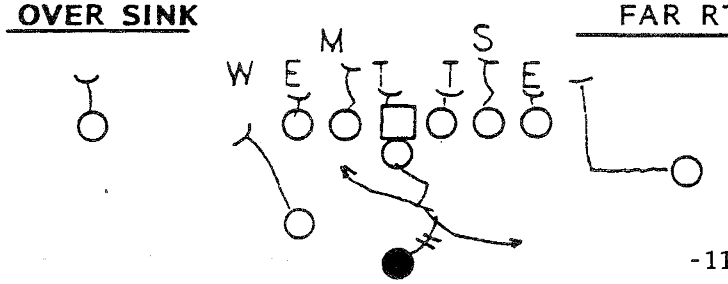


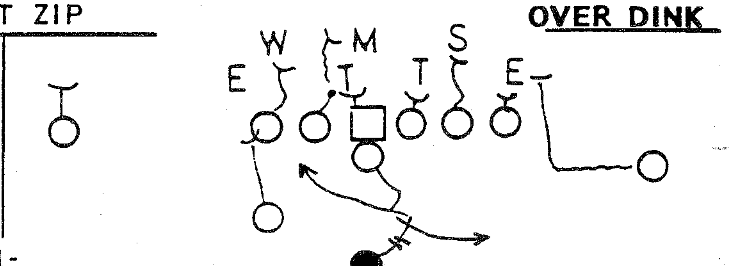
UNDER WINK NEAR RT JAM **40 DINK**





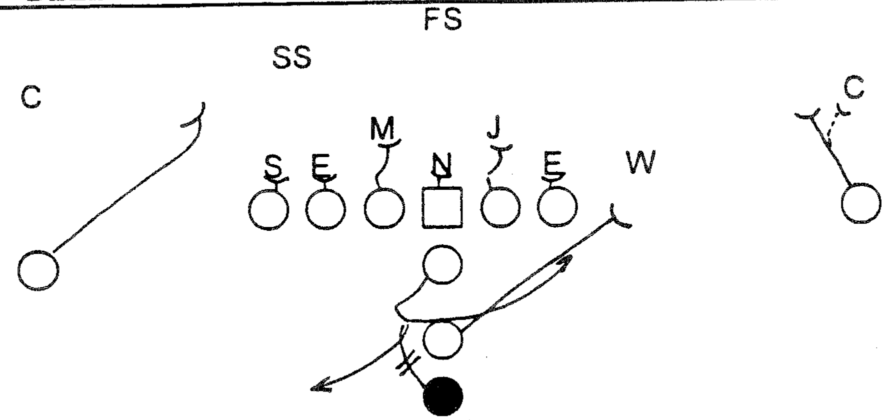
OVER SINK FAR RT ZIP **OVER DINK**





Play: BELLY LT SCISSORS

Basic Blocking: BASE COUNTER



QB Check Off:

Alert

Into:

Game Plan

Out Of:

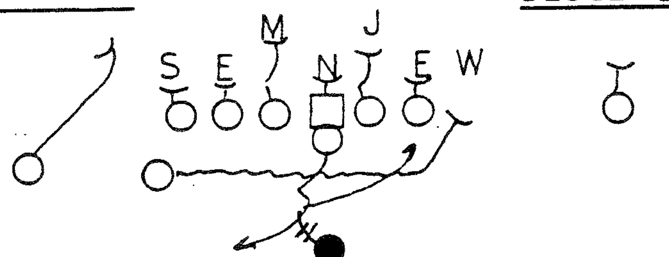
Bear

QB Action and Alerts:

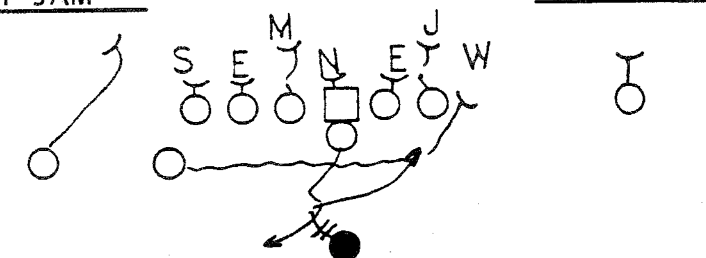
OPEN AWAY FROM THE HOLE. FAKE BELLY, HAND BALL OVER THE TOP TO BACK.

DEUCE LT JAM

34

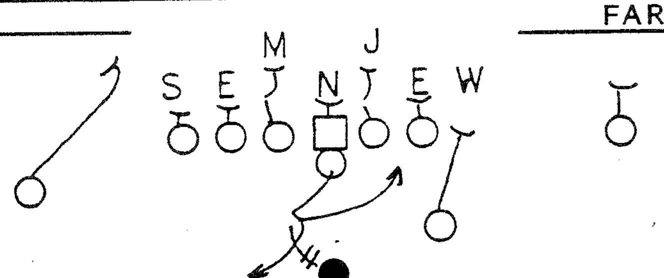


34 UNDER

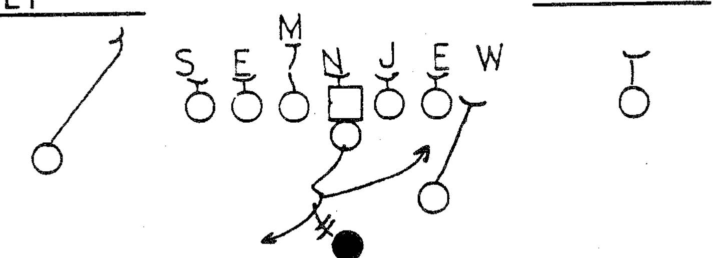


FAR LT

34

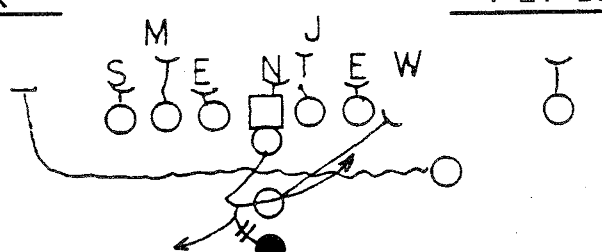


34 J TUFF

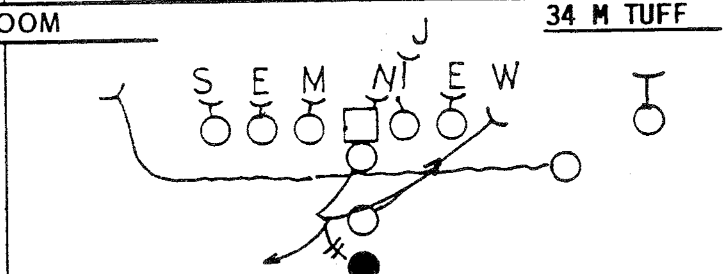


I LT ZOOM

34 SINK

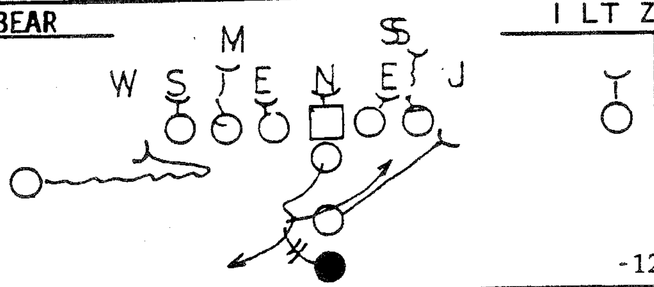


34 M TUFF

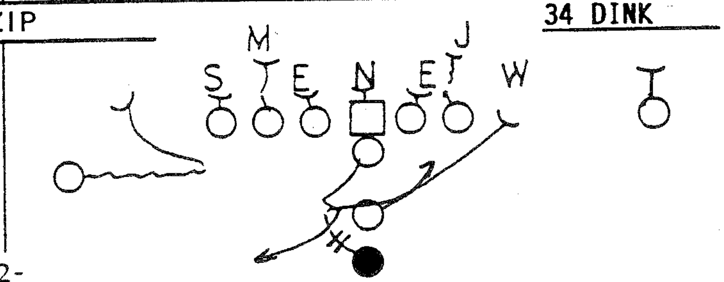


I LT ZIP

34 BEAR



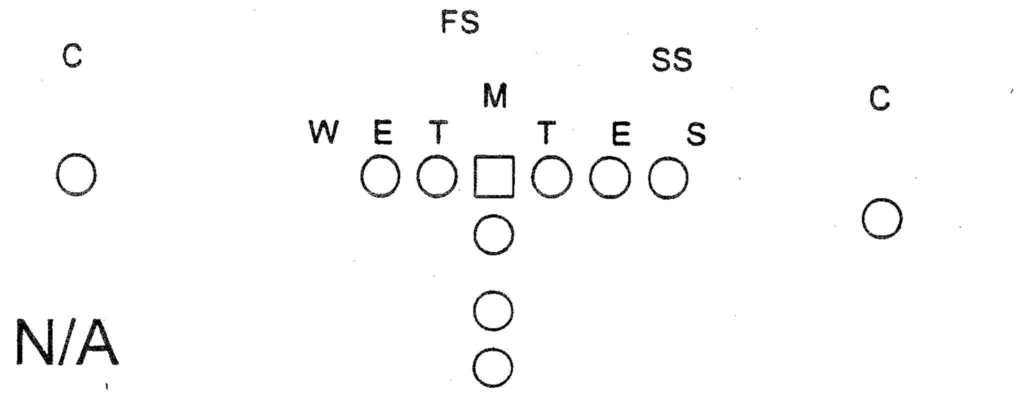
34 DINK



Play **POWER WEAK LT** Basic Blocking: **GAP TRAP**

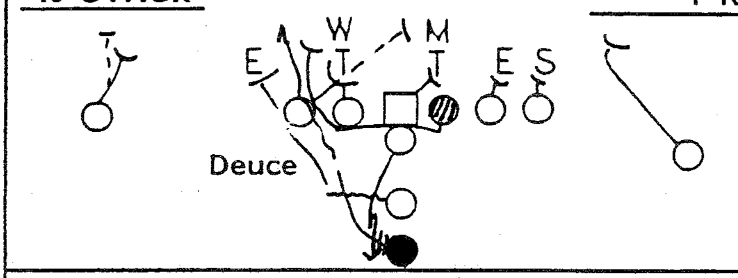
Formations:

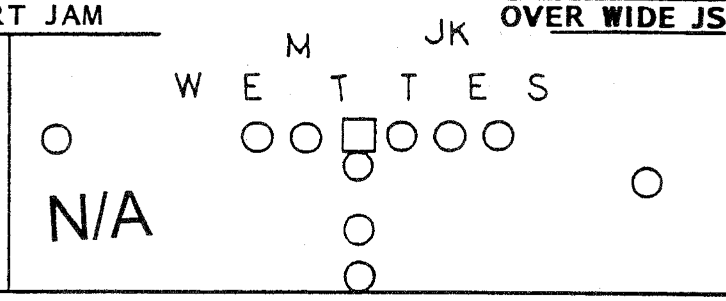
I
FAR
NEAR JAM



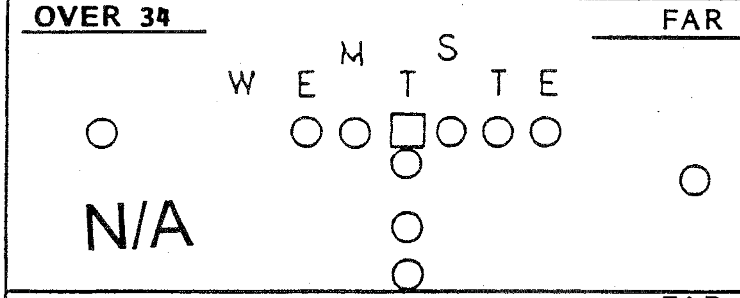
Ball Carrier:	Jump step. Aiming point, inside leg of OT.
Back:	Block EMOL
Y:	Base cut off. Alert "Out", "Moon", "Plug"
X:	Playside - Block 1st force. Slot - block DB over you. Alert Dbl Crk.
Z:	Backside - Cut off. In Slot - block DB over you. Alert Dbl Crk.

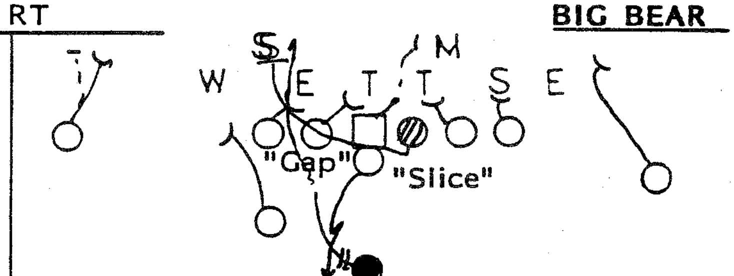
40 STACK — I RT JAM — **OVER WIDE JS**



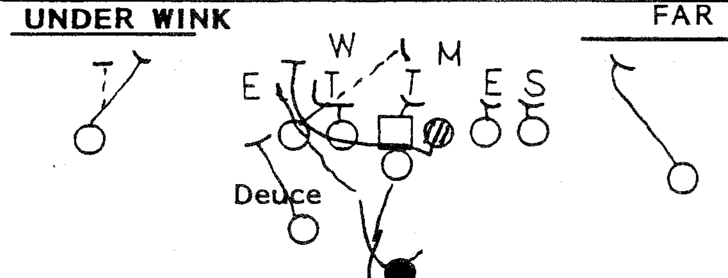


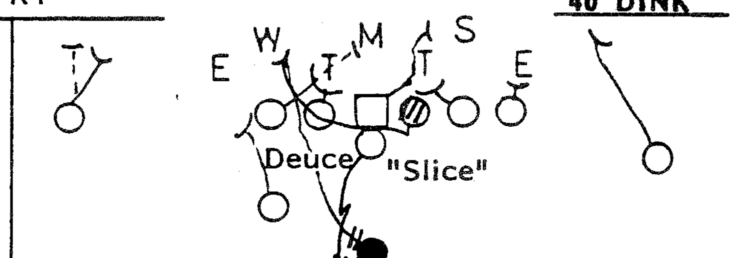
OVER 34 — FAR RT — **BIG BEAR**



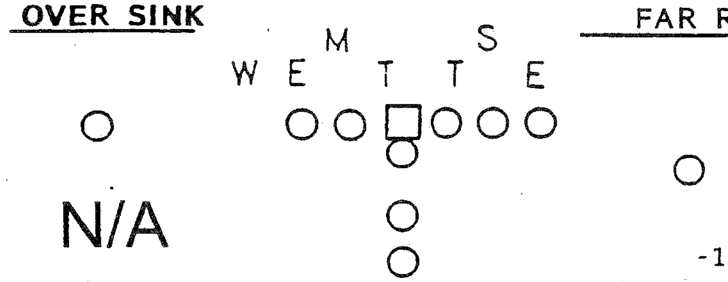


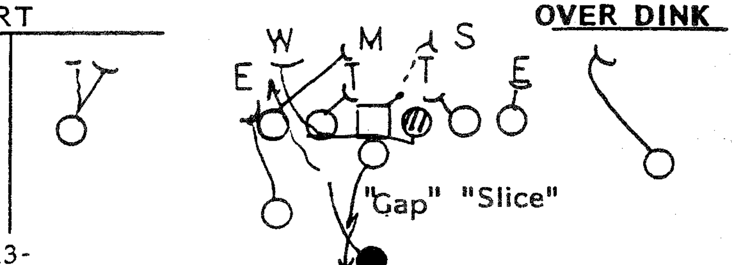
UNDER WINK — FAR RT — **40 DINK**





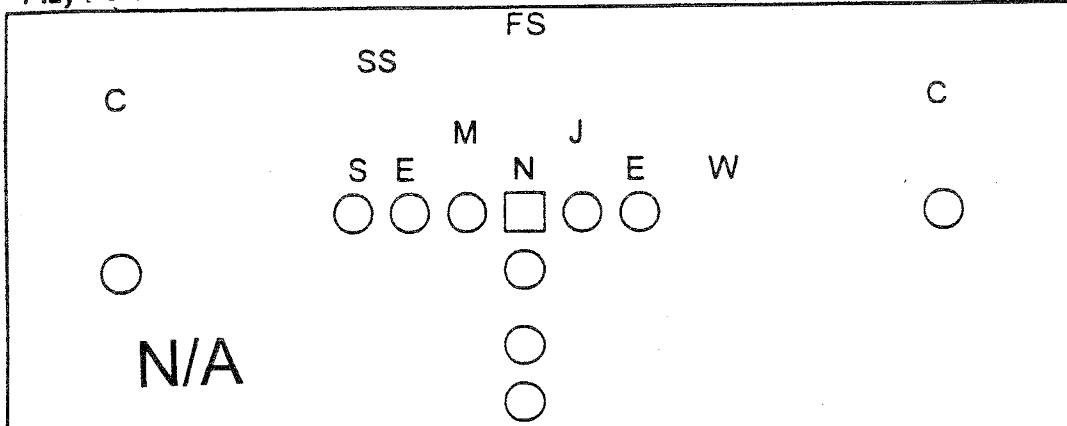
OVER SINK — FAR RT — **OVER DINK**





Play. POWER WEAK RT

Basic Blocking: GAP TRAP



QB Check Off:

ALERT

Into:

GAME PLAN

Out Of:

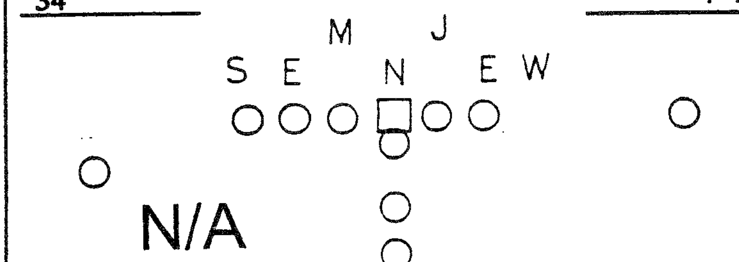
NO TACKLE BUBBLE
FS DOWN

QB Action and Alerts:

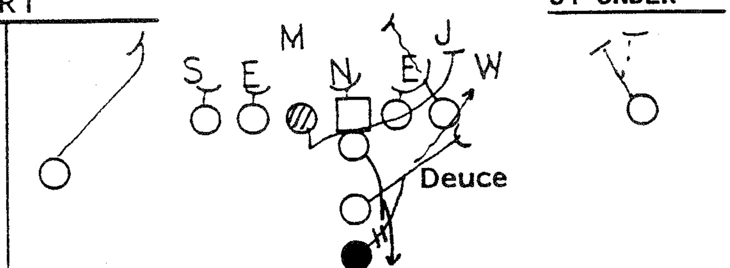
OPEN. GET BALL DEEP TO BACK. FAKE BOOT.

I RT

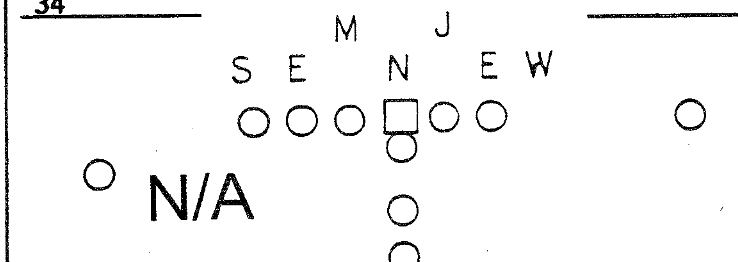
34



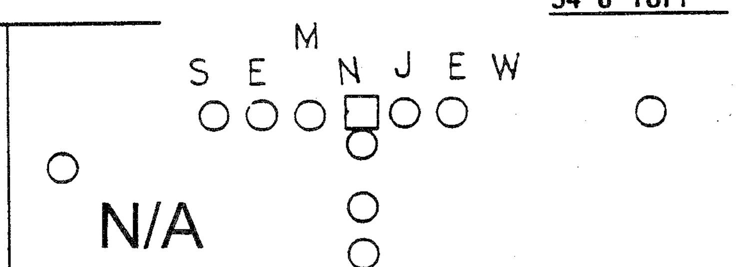
34 UNDER



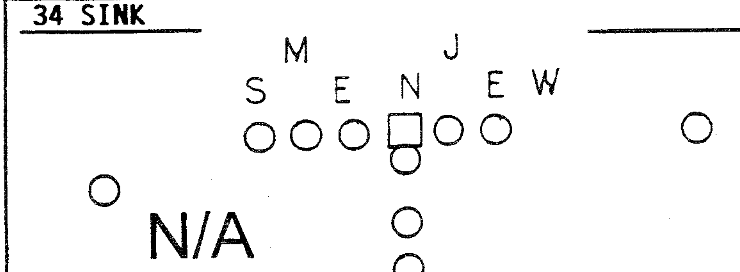
34



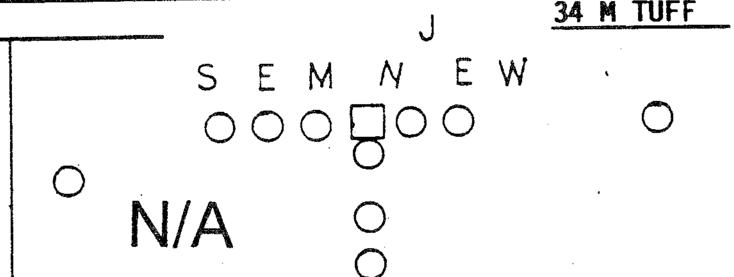
34 J TUFF



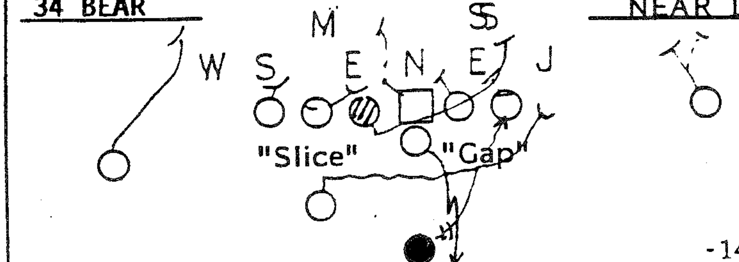
34 SINK



34 M TUFF

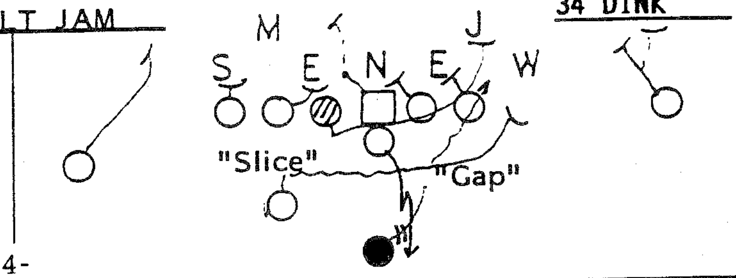


34 BEAR



NEAR LT JAM

34 DINK

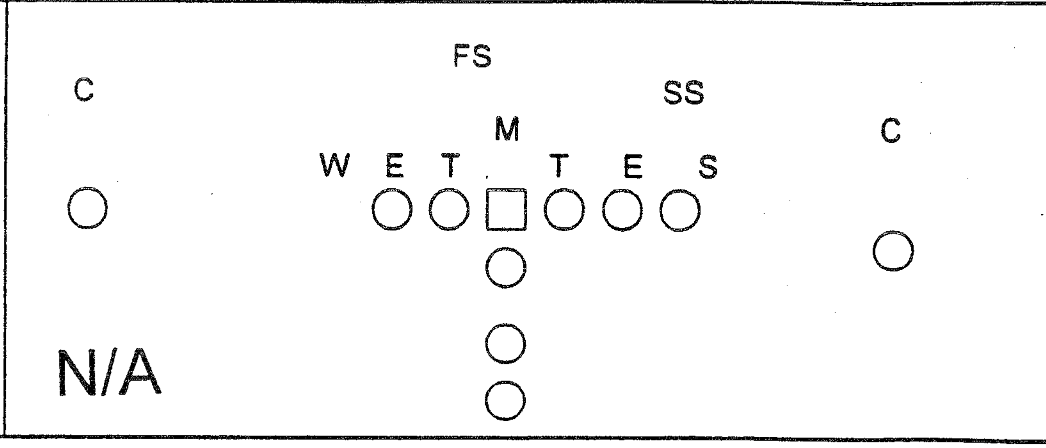


Play STUTTER LT

Basic Blocking: COUNTER TRAP

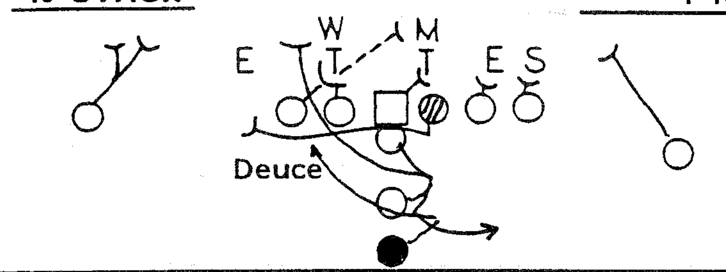
Formations:

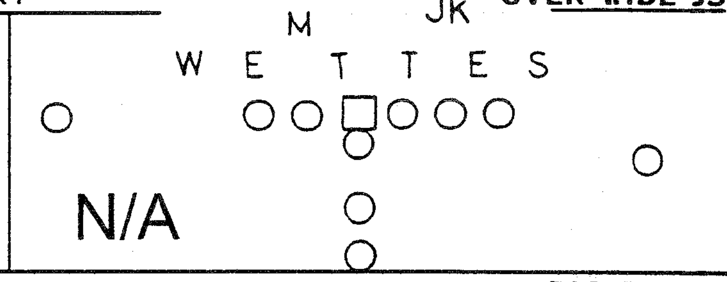
I
FAR MOTION
NEAR (ZOOM)



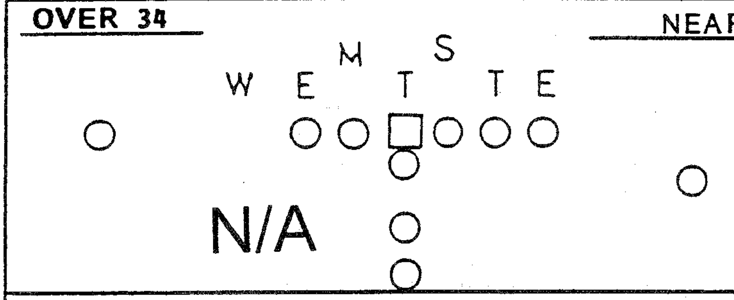
Ball Carrier:	Jump step. Read FB for cut.
Back:	Step up. Read Guard's block and lead inside or outside for Will.
Y:	Base cut off. Alert "Out", "Moon", "Plug".
X:	Playside - Block 1st force. Slot - Block DB over you. Alert Dbl Crk.
Z:	Backside - cut off. In Slot - Block DB over you. Alert Dbl Crk.

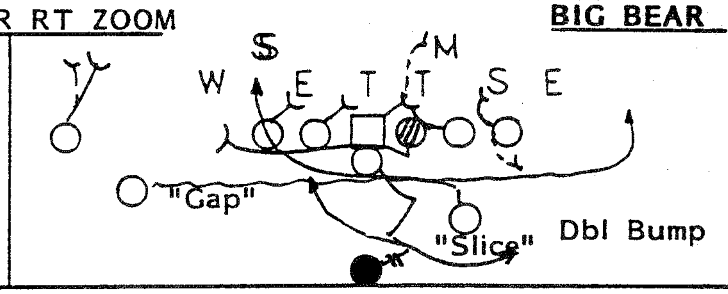
40 STACK — I RT — **OVER WIDE JS**



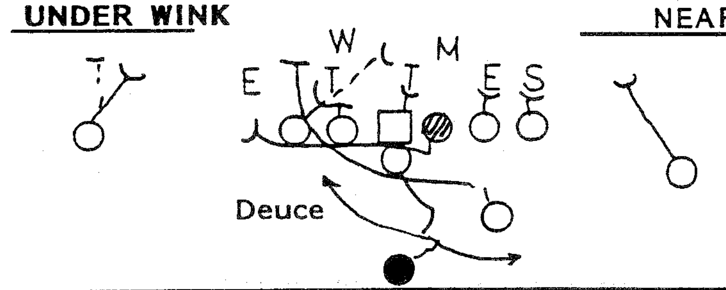


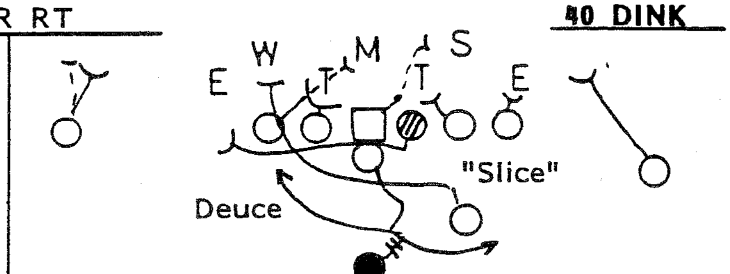
OVER 34 — NEAR RT ZOOM — **BIG BEAR**



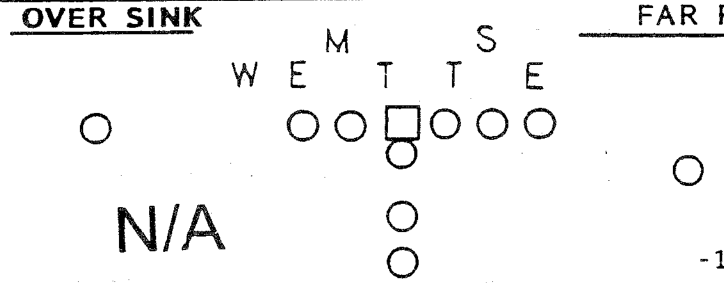


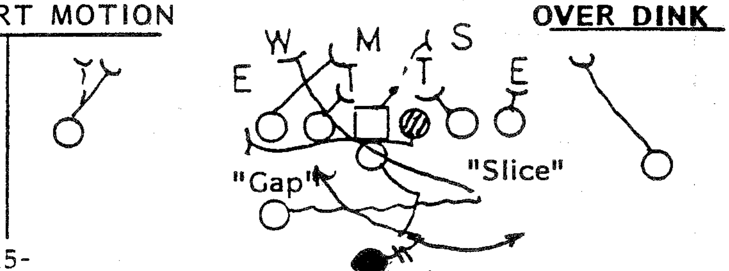
UNDER WINK — NEAR RT — **40 DINK**





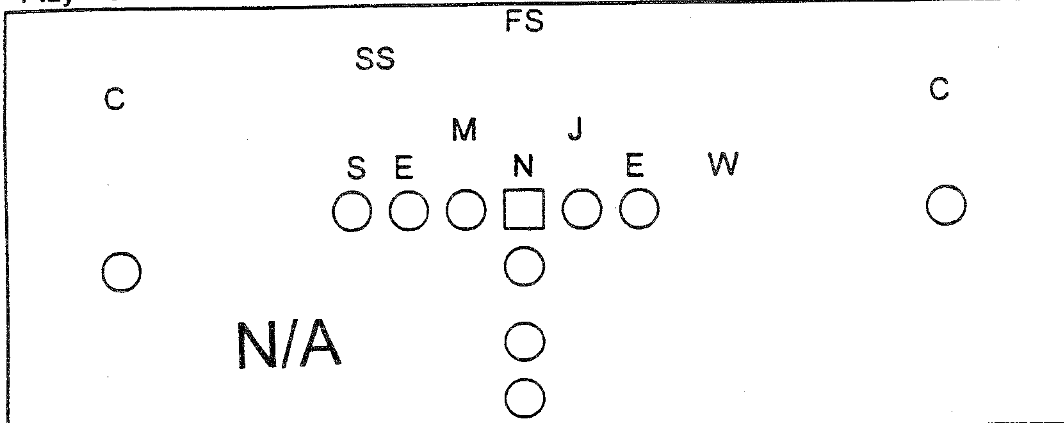
OVER SINK — FAR RT MOTION — **OVER DINK**





Play STUTTER RT

Basic Blocking: COUNTER TRAP



QB Check Off:

ALERT

Into:

GAME PLAN

Out Of:

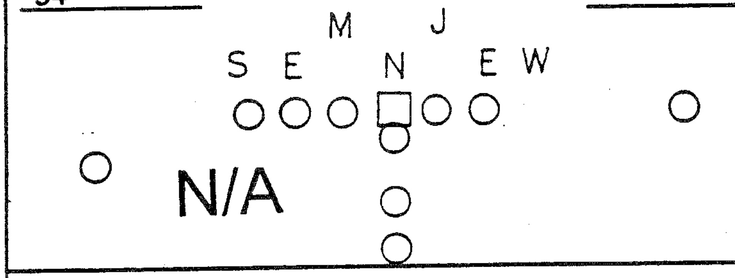
FS DOWN

NO TACKLE BUBBLE

QB Action and Alerts:

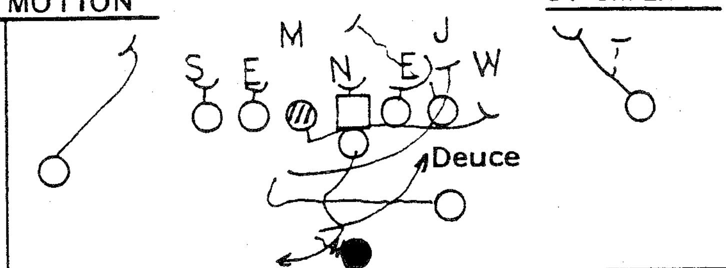
OPEN AWAY FROM THE HOLE. OVER THE TOP BALL HANDLING. FAKE NAKED.

34

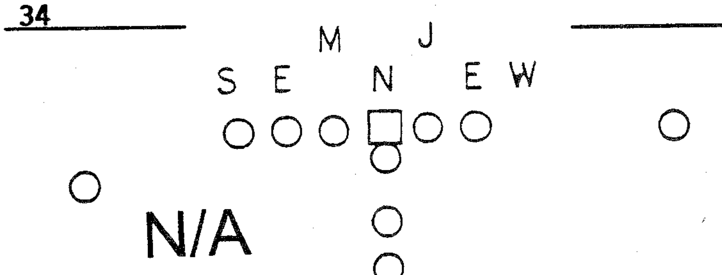


FAR LT MOTION

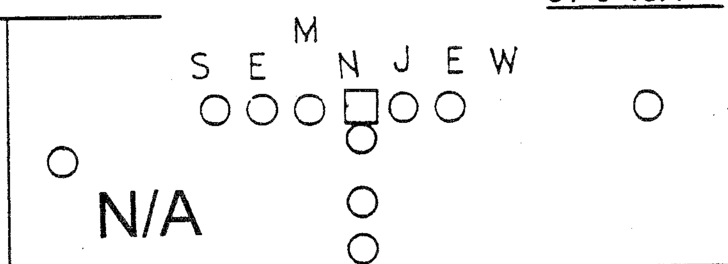
34 UNDER



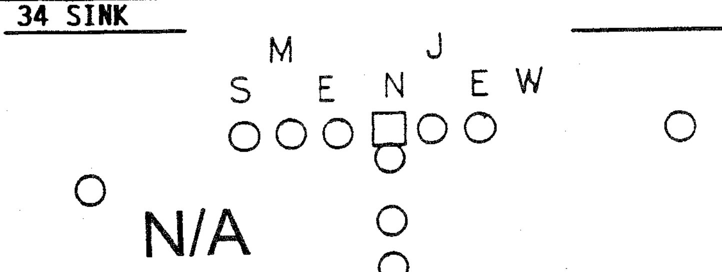
34



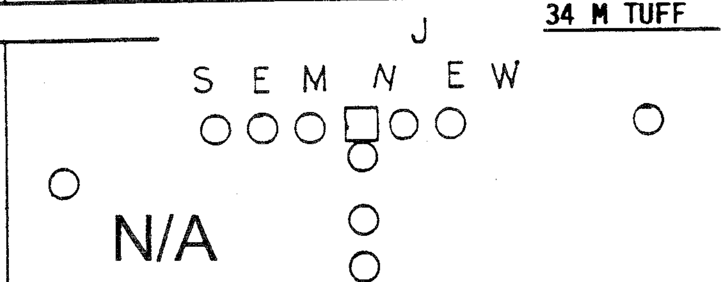
34 J TUFF



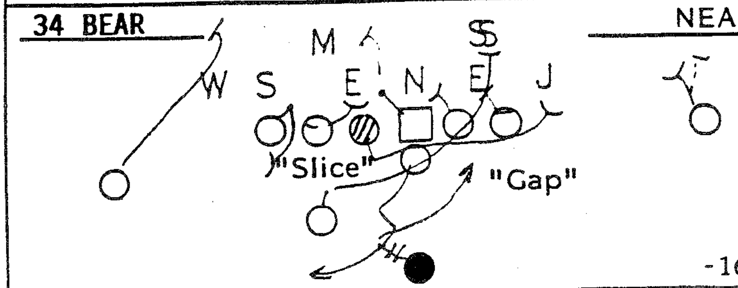
34 SINK



34 M TUFF

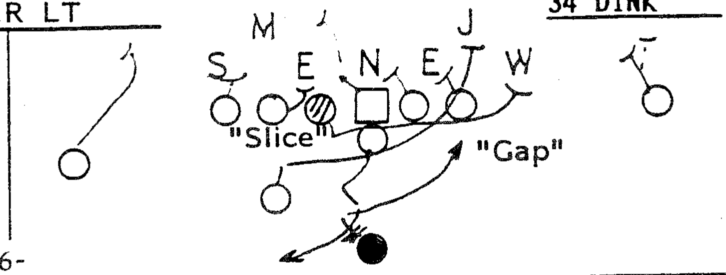


34 BEAR

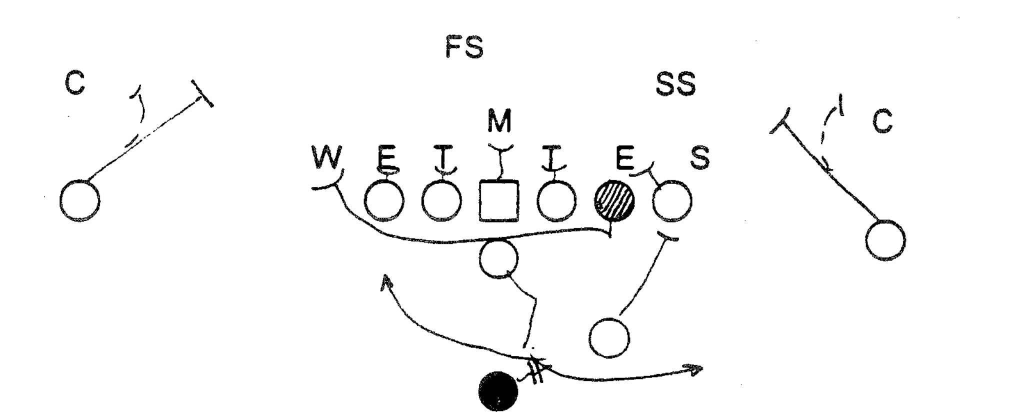


NEAR LT

34 DINK

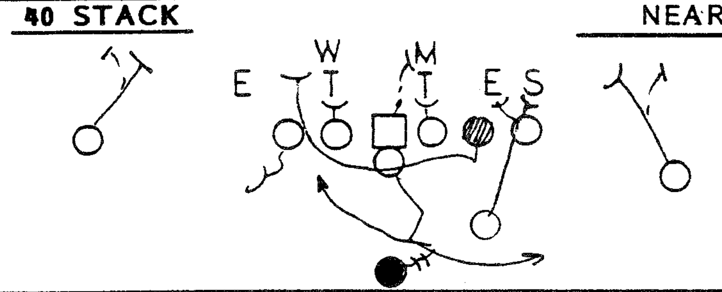


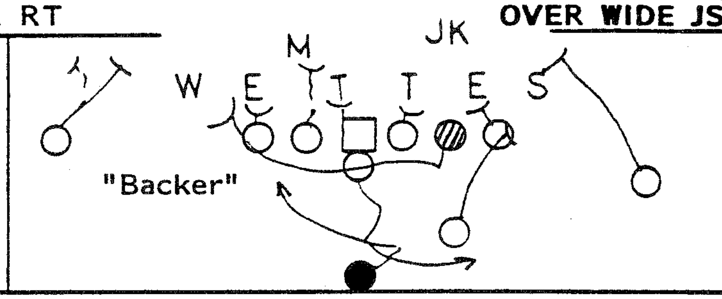
Play STAB LT **Basic Blocking:** Counter-T

Formations:	
NEAR TWINS FLANK TROJAN	

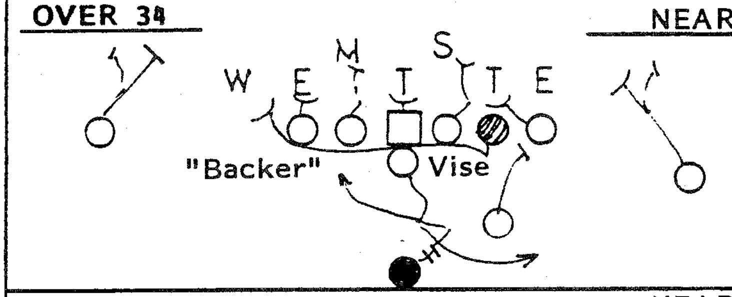
Ball Carrier:	Pivot, lead, cross over and bend back. Read OT's block for cut.
Back:	Block 1st man off Y's hip.
Y:	Block inside gap. C.P.: use far shoulder. Alert: "Vise" vs. OG Bubble.
X:	Play side: Block 1st force. Slot-Block DB over you. Alert Dbl Crk.
Z:	Backside: Cut Off. In Slot-Block DB over you. Alert Dbl Crk.

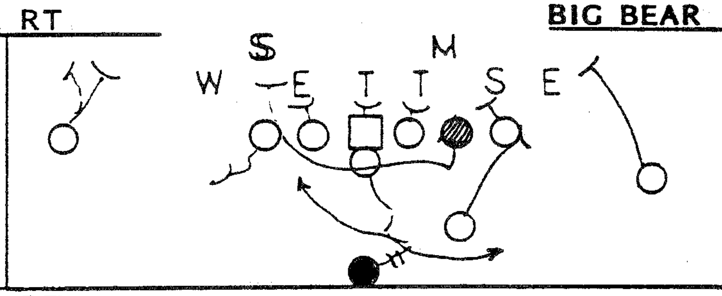
40 STACK NEAR RT **OVER WIDE JS**



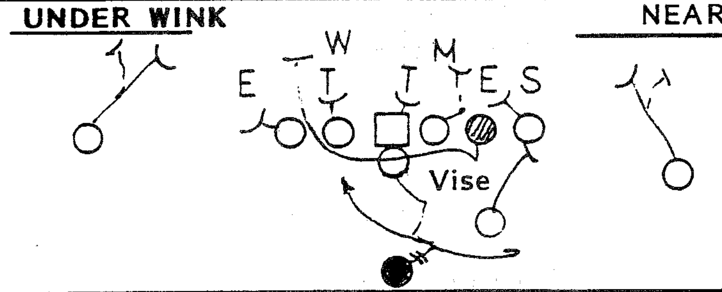


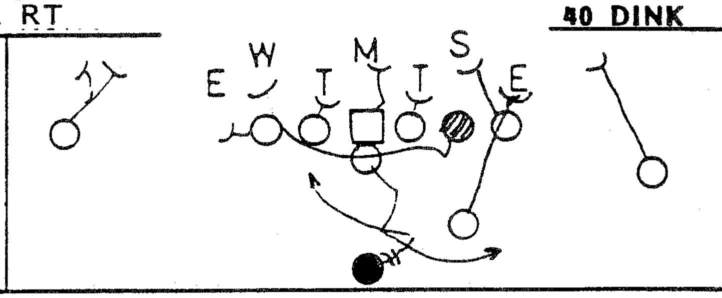
OVER 34 NEAR RT **BIG BEAR**



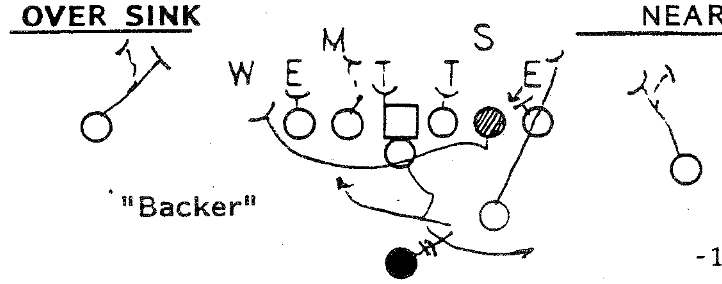


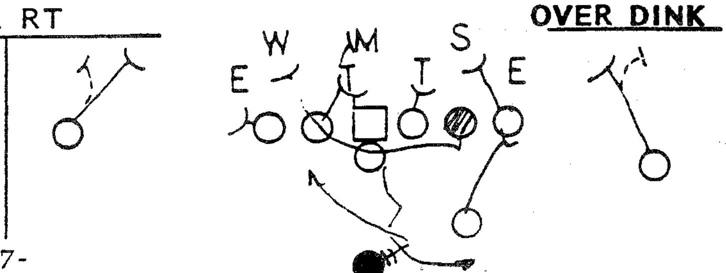
UNDER WINK NEAR RT **40 DINK**



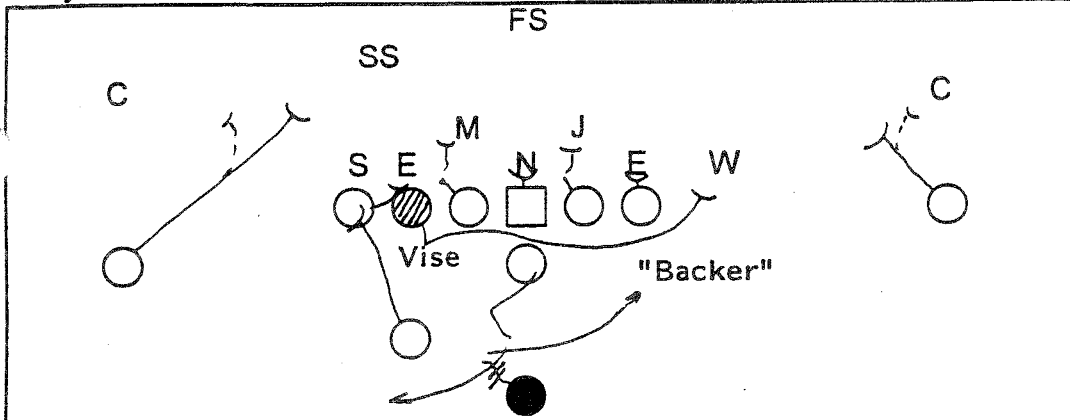


OVER SINK NEAR RT **OVER DINK**





Play **STAB RT** | **Basic Blocking:** Counter-T



QB Check Off:
ALERT

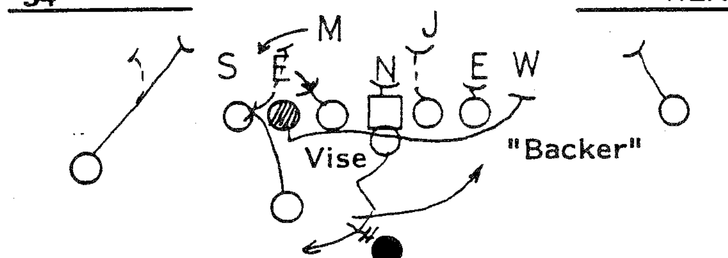
Intro:

Out of:
NO TACKLE BUBBLE

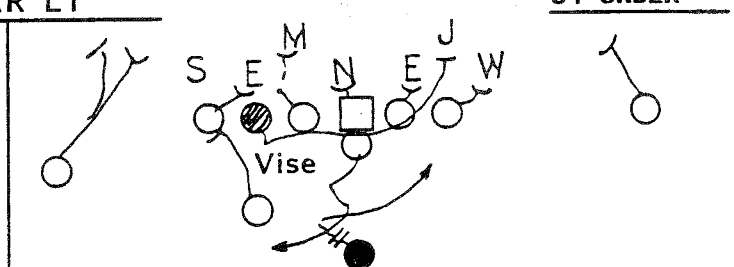
QB Action and Alerts:

OPEN AWAY FROM THE HOLE. OVER THE TOP BALL HANDLING. FAKE NAKED

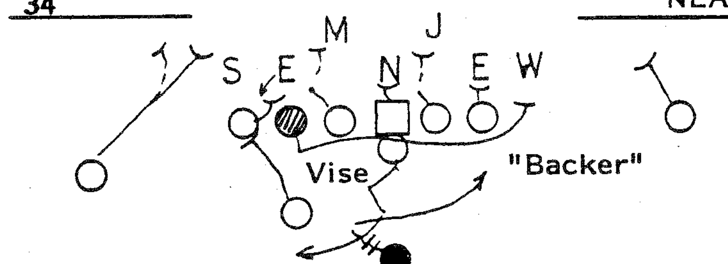
34 NEAR LT



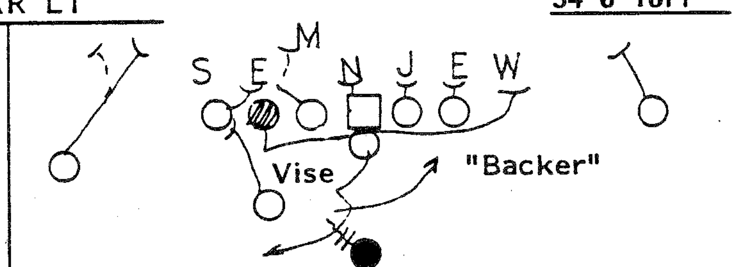
34 UNDER



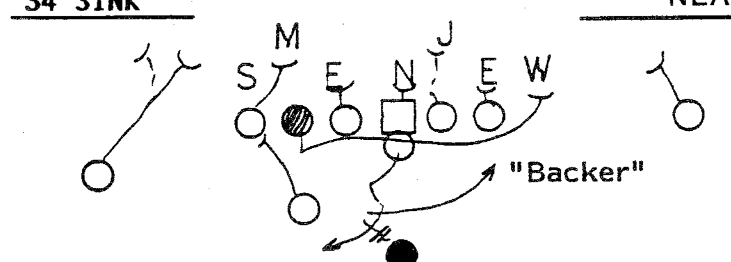
34 NEAR LT



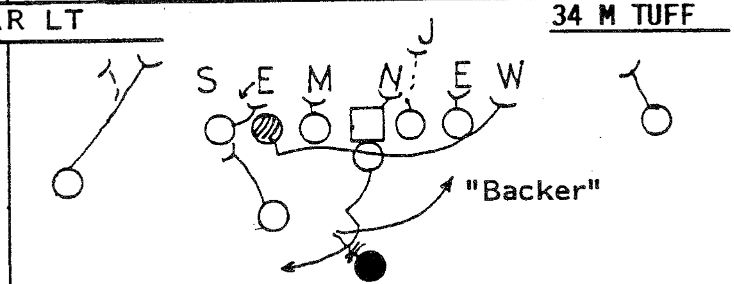
34 J TUFF



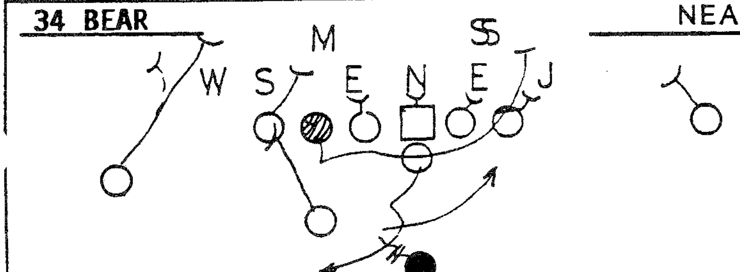
34 SINK NEAR LT



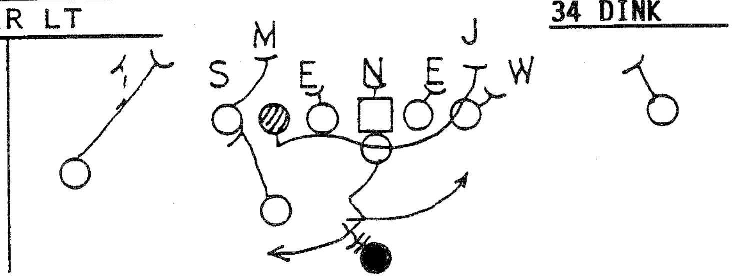
34 M TUFF



34 BEAR NEAR LT



34 DINK

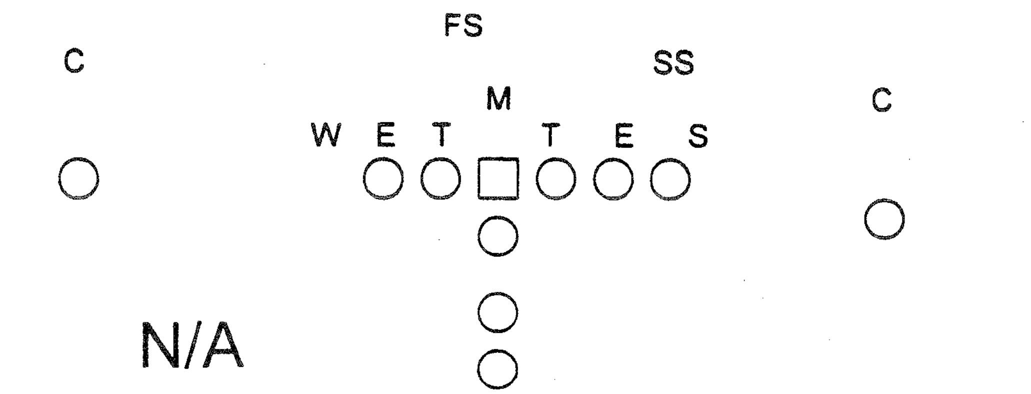


Play FLIP LT

Basic Blocking: BASE COUN'

Formations:

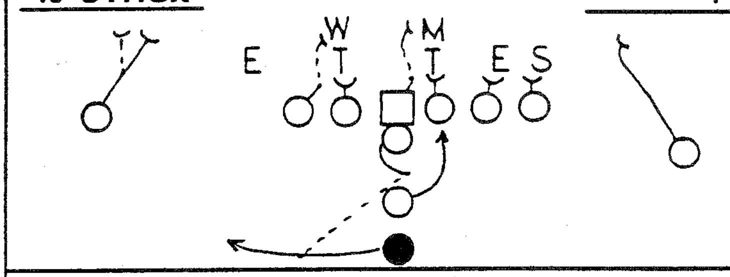
I
I ZIP



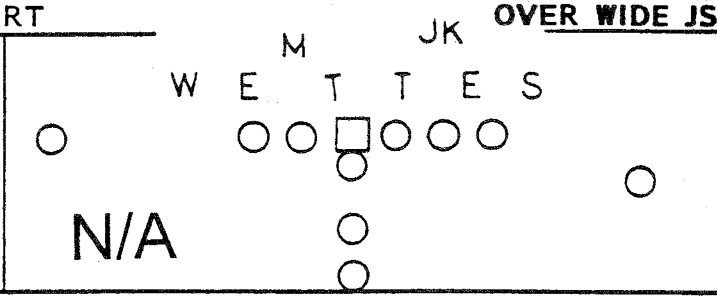
Ball Carrier:	Hesitate. Run Pitch Course.
Back:	Fake Rock.
Y:	Base, Triple - Alert "out" call.
X:	Playside - Block 1st force.
Z:	Backside - Cut off

I RT

40 STACK

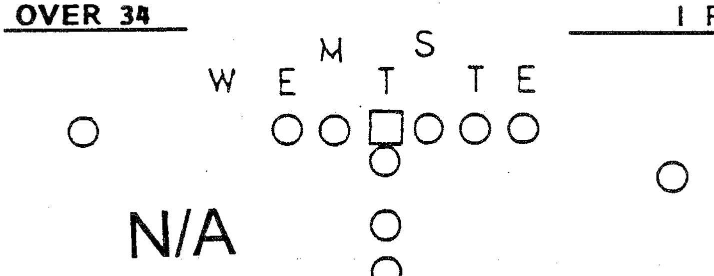


OVER WIDE JS

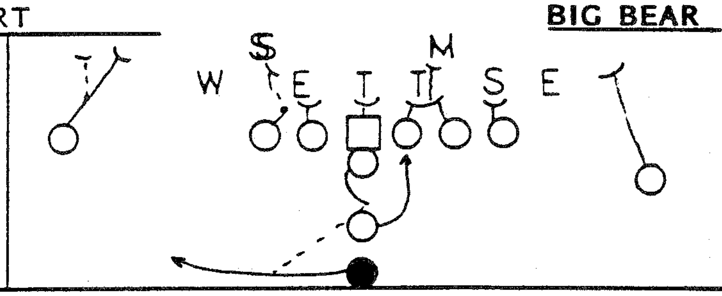


I RT

OVER 34

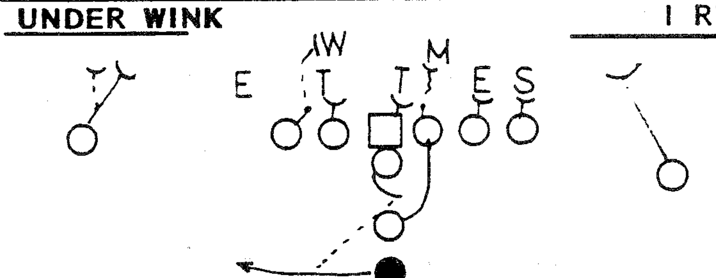


BIG BEAR

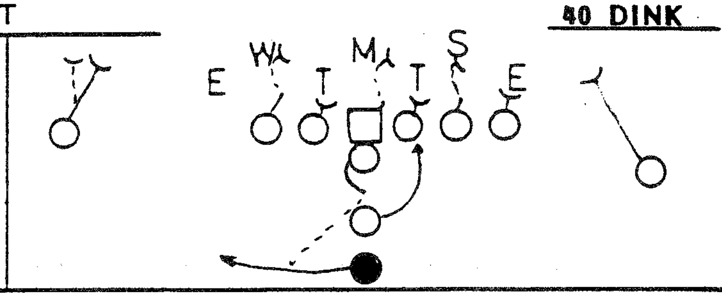


I RT

UNDER WINK

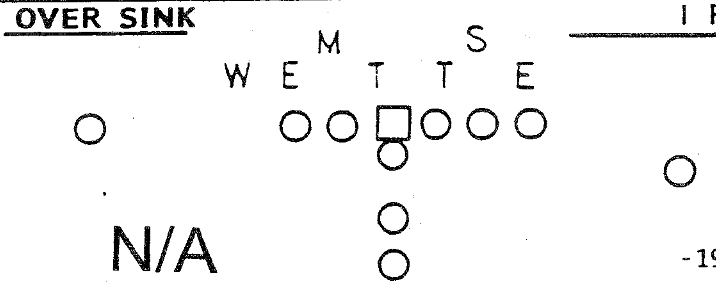


40 DINK

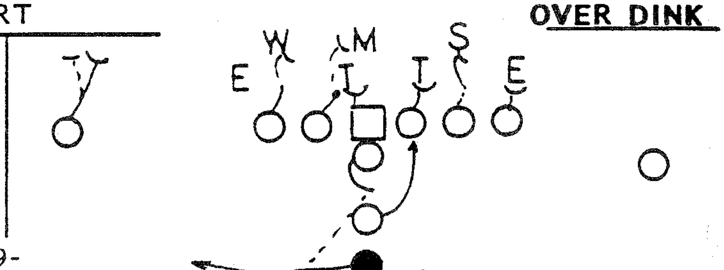


I RT

OVER SINK

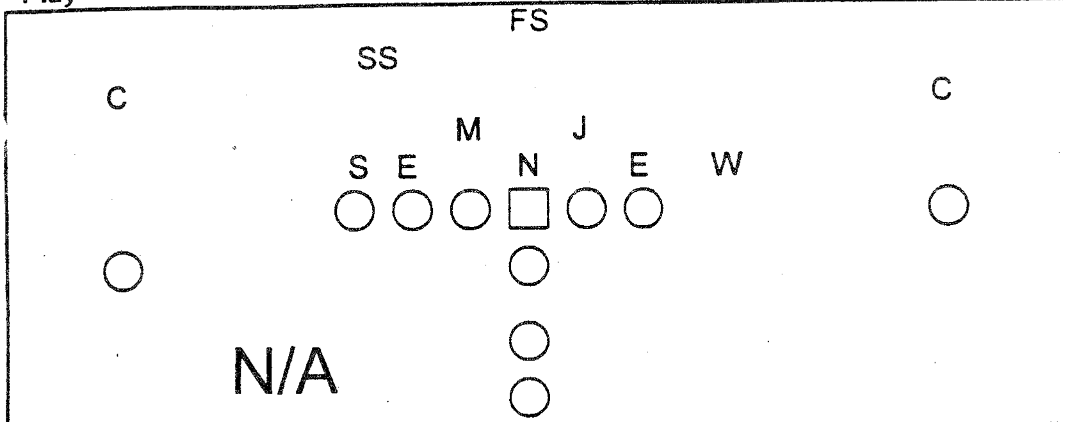


OVER DINK



Play FLIP RT

Basic Blocking: BASE COUNTE



QB Check Off:

ALERT

Into:

ROCK

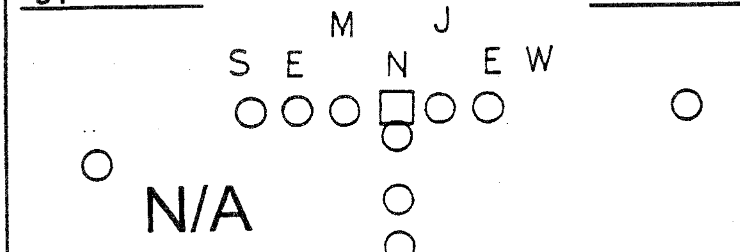
Out Of:

NO WEAK TACKLE
BUBBLE
FS DOWN

QB Action and Alerts:

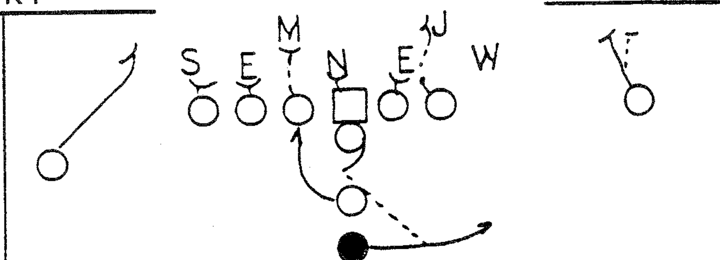
FAKE ROCK. FLIP TO BACK.

34

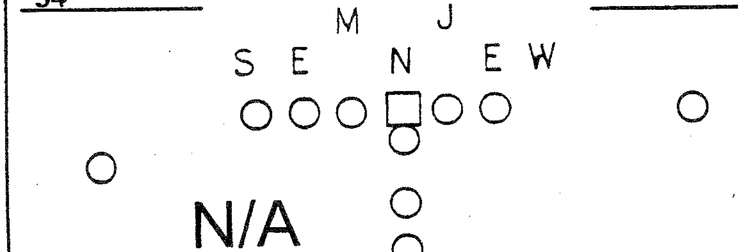


I RT

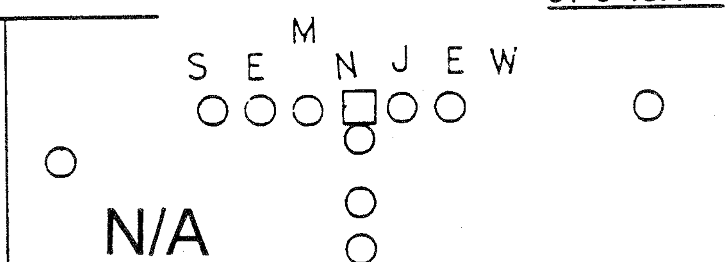
34 UNDER



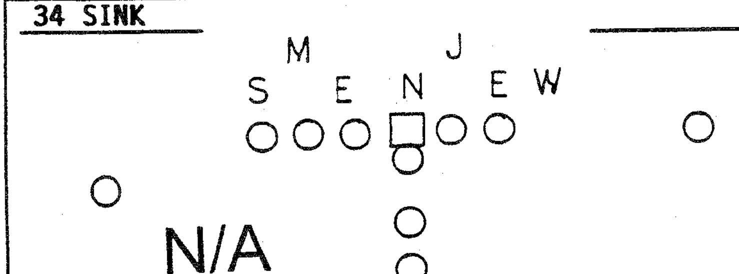
34



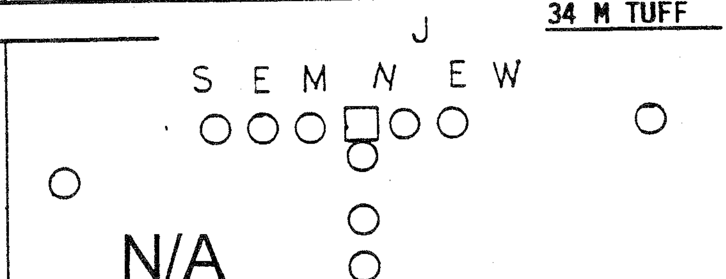
34 J TUFF



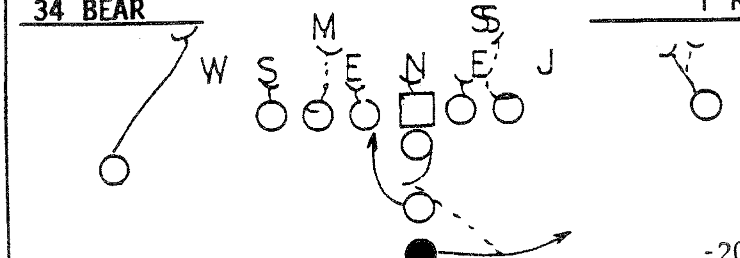
34 SINK



34 M TUFF

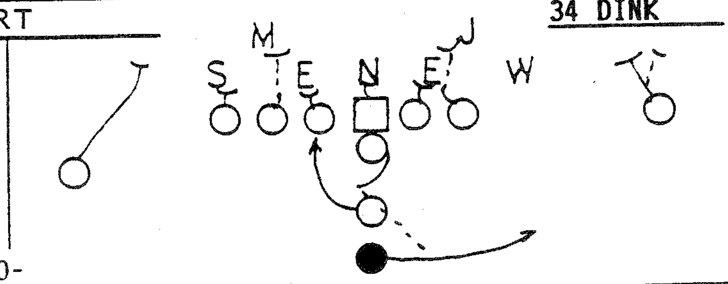


34 BEAR



I RT

34 DINK



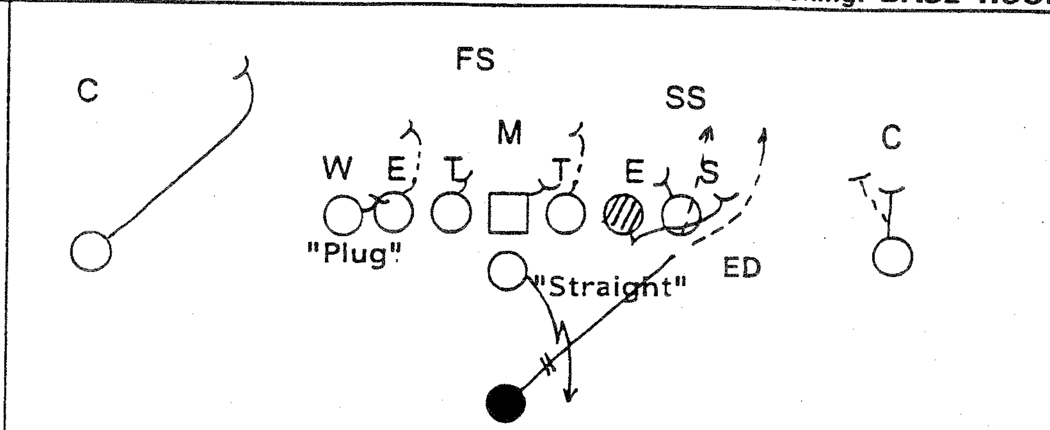
OUTSIDE RUNS

Play OUTSIDE RT

Basic Blocking: BASE HOOK

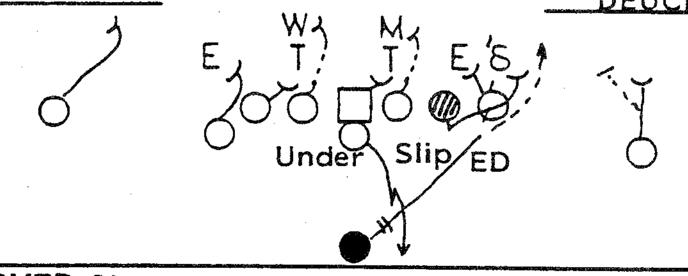
Formations:

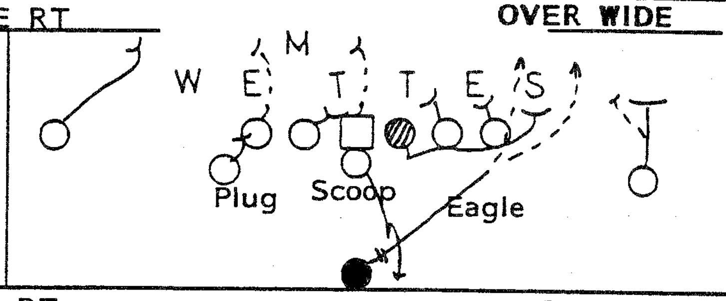
- DEUCE
- FLEX
- FAR
- DOUBLE
- DUAL
- TEX



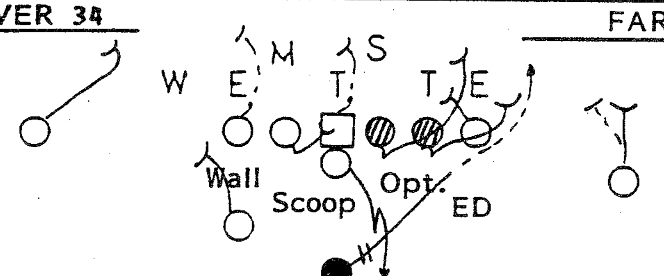
Ball Carrier:	Jump step. Aiming point inside leg of TE. Read TE block.
Back:	Playside - Block 1st Force. In Slot - Cut off. In Backfield - Block E.M.O.L. Backside/
Y:	Block DE. Alert "Base" call. Alert Bear.
X:	Backside - Cut off.
Z:	Playside - Block 1st force. Backside - In Slot - Block DB over you. Twins - Block DB over you.

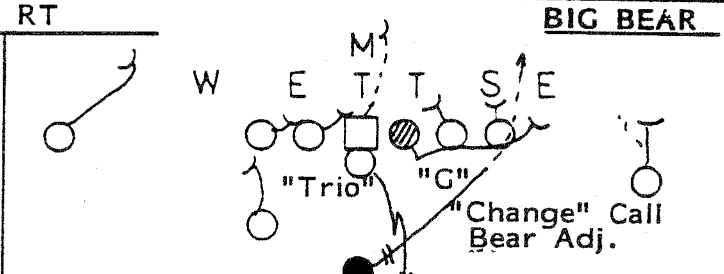
40 STACK — DEUCE RT — **OVER WIDE**



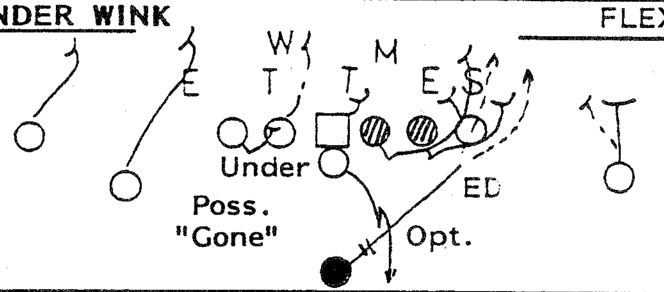


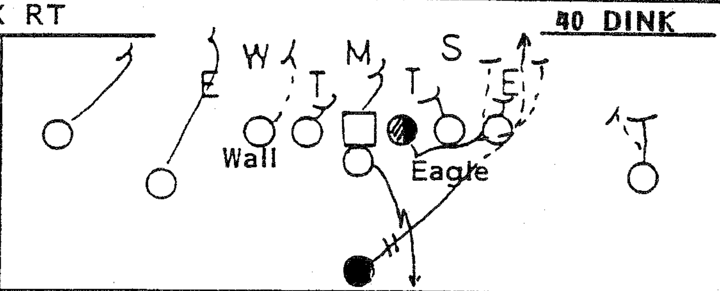
OVER 34 — FAR RT — **BIG BEAR**



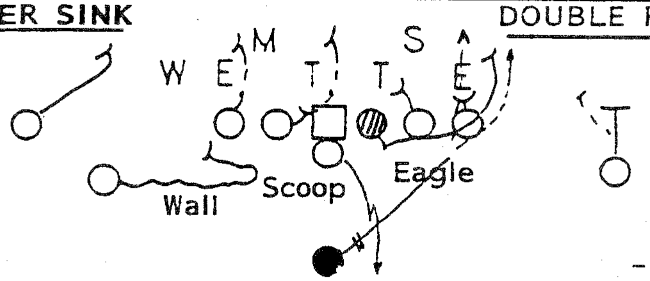


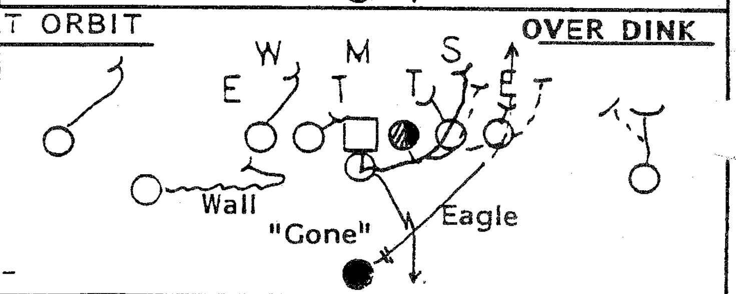
UNDER WINK — FLEX RT — **40 DINK**





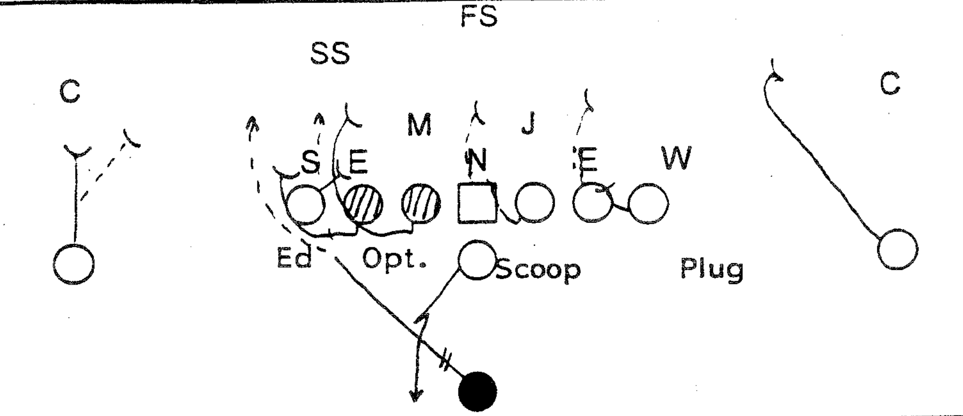
OVER SINK — DOUBLE RT ORBIT — **OVER DINK**





Play OUTSIDE LT

Basic Blocking: BASE HOOK



QB Check Off:
ALERT

Into:
GAME PLAN

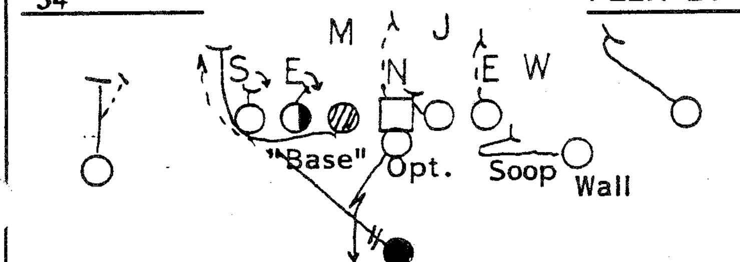
Out Of:
S/S UP

QB Action and Alerts:

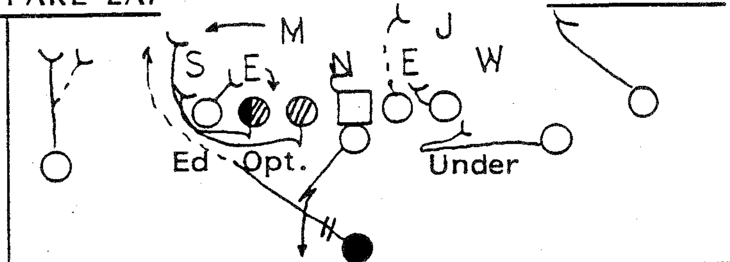
OPEN OUTSIDE HAND OFF. SET UP BELLY PASS.

FLEX LT FAKE ZAP

34

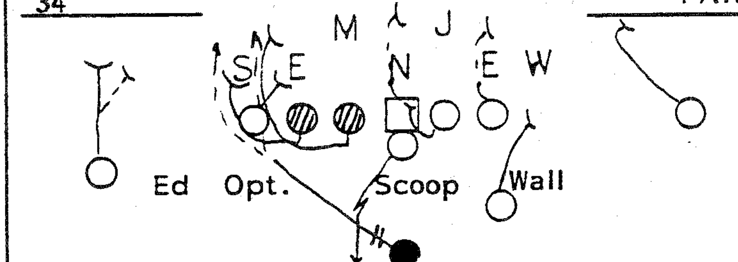


34 UNDER

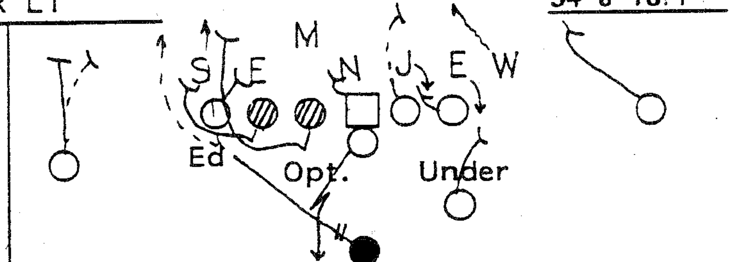


FAR LT

34

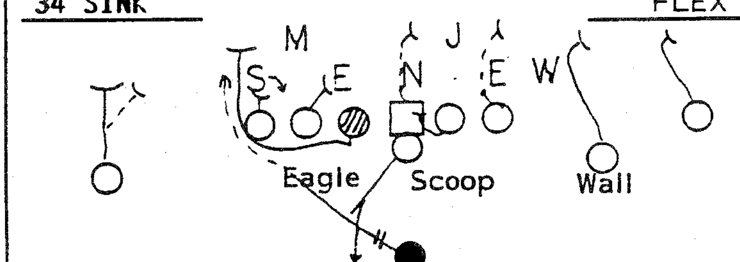


34 J TUFF

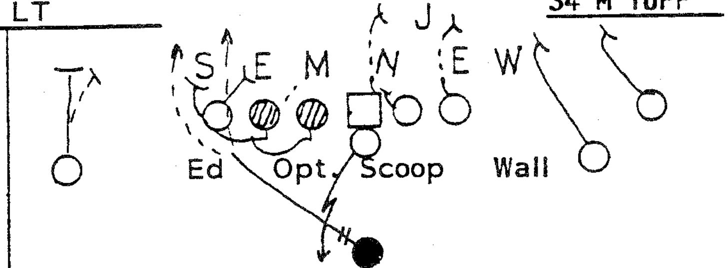


FLEX LT

34 SINK

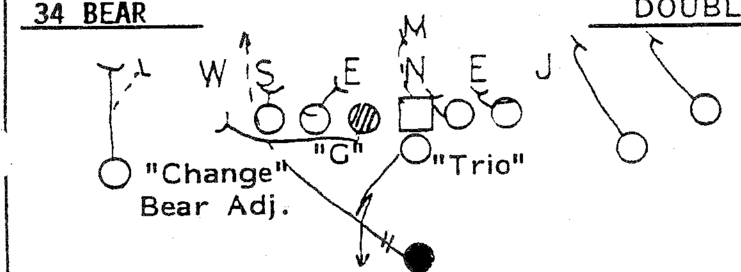


34 M TUFF

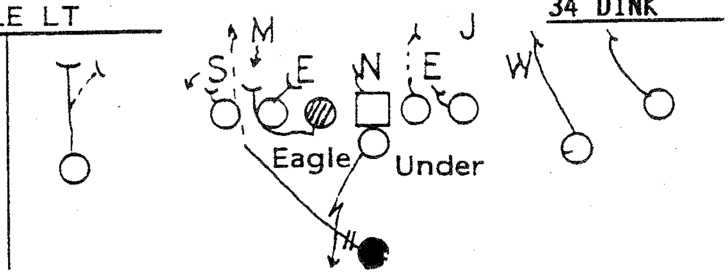


DOUBLE LT

34 BEAR



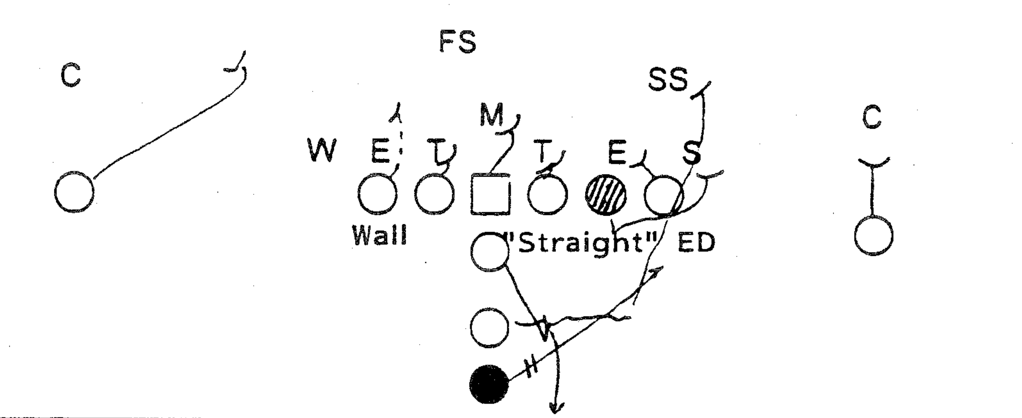
34 DINK



Play **OUTSIDE BOSS RT (PITCH)** — Basic Blocking: **BASE HOOK**

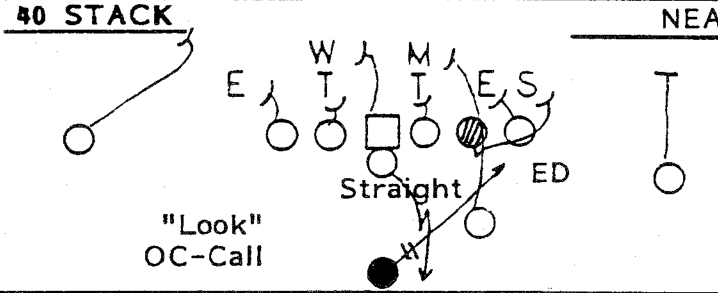
Formations:

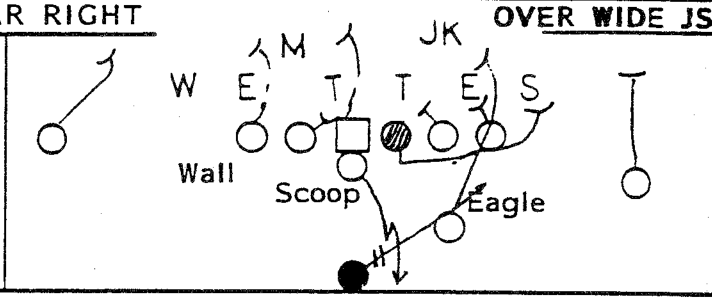
I
NEAR
FAR MOTION
NEAR SLOT (FAKE ZAP)



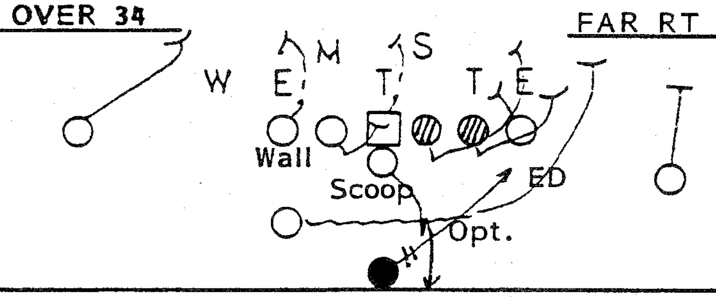
Ball Carrier:	Jump step. Aiming point inside leg of TE. Read TE block.
Back:	Block S/S. Alert "Look" call. C.P. vs. Crash, Check S/S; N/T Block corner.
Y:	Block DE. Alert "Base" call.
X:	Backside - Cut off. Slot - Block DB over you.
Z:	Playside - Stalk. In Slot - Block man over you.

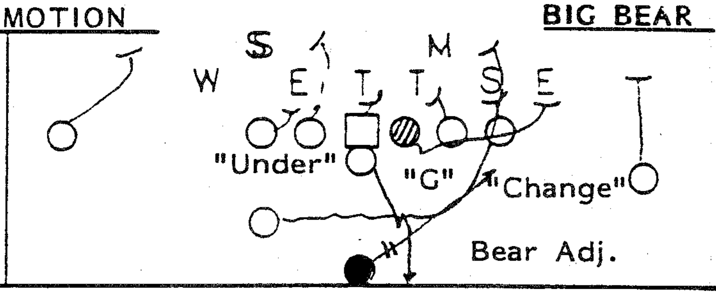
40 STACK — NEAR RIGHT — **OVER WIDE JS**



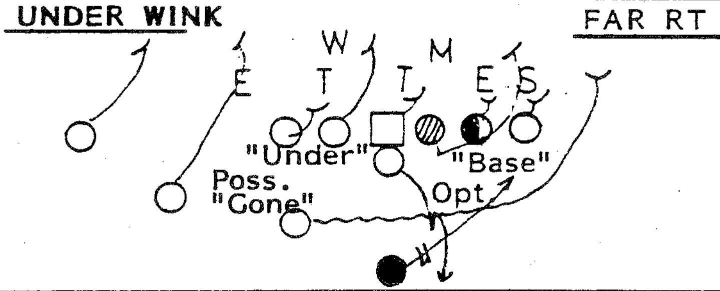


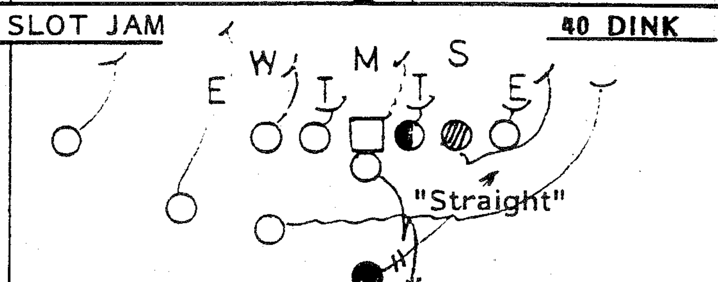
OVER 34 — FAR RT MOTION — **BIG BEAR**



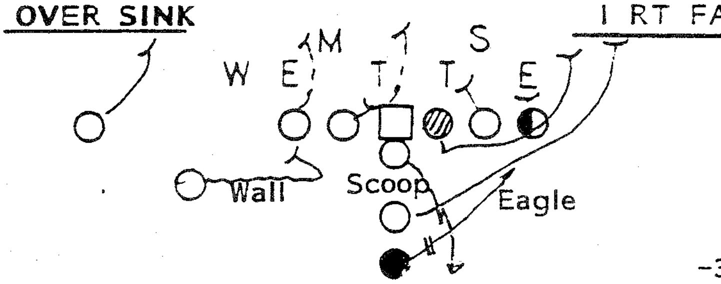


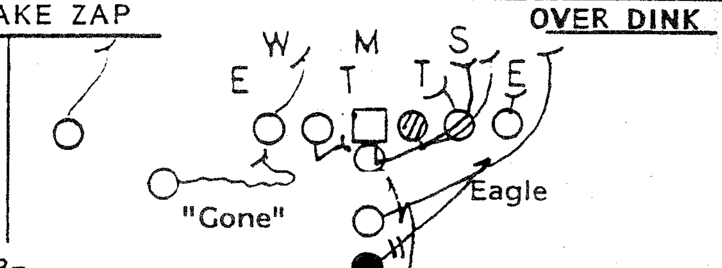
UNDER WINK — FAR RT SLOT JAM — **40 DINK**



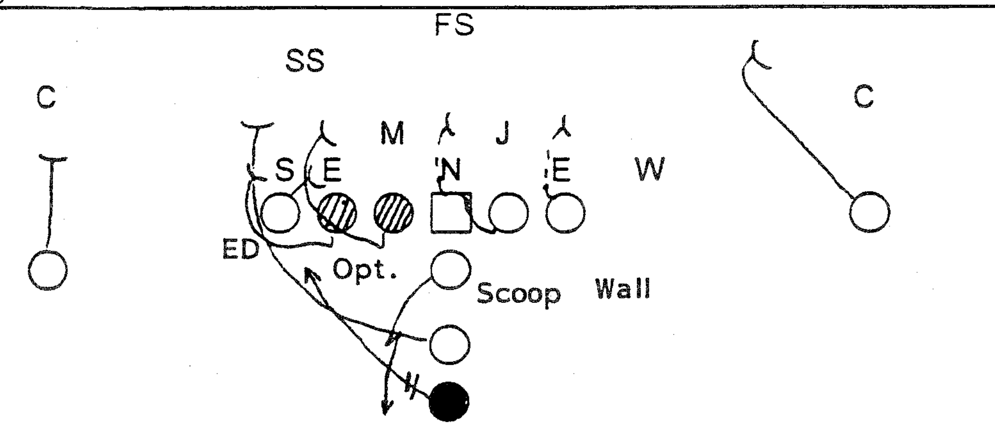


OVER SINK — I RT FAKE ZAP — **OVER DINK**





Play **OUTSIDE BOSS LT (PITCH)** | Basic Blocking: **BASE HOOK**



QB Check Off:
ALERT

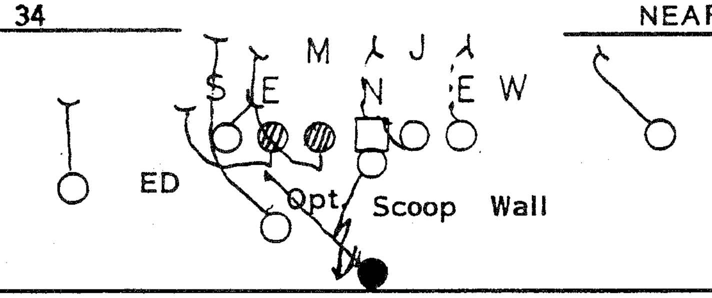
Into:
SLANT (SLOT)

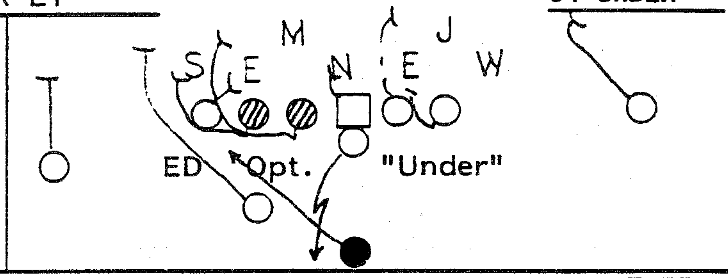
Out Of:
MIKE STRONG

QB Action and Alerts:

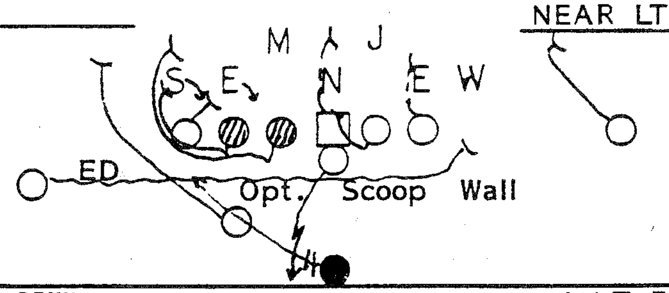
OPEN OUTSIDE HAND OFF. SET UP STRETCH PASS.

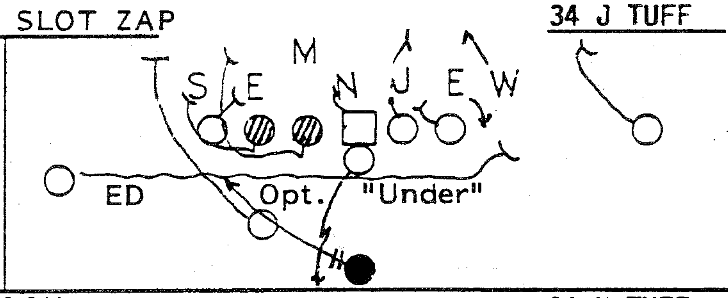
34 | NEAR LT | 34 UNDER



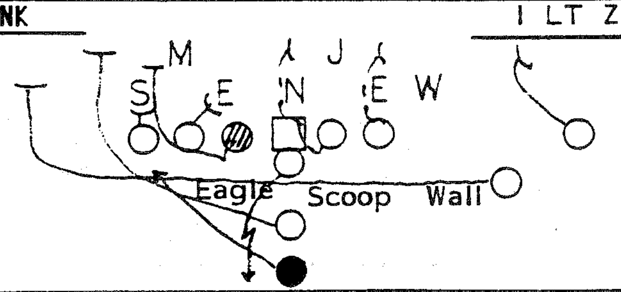


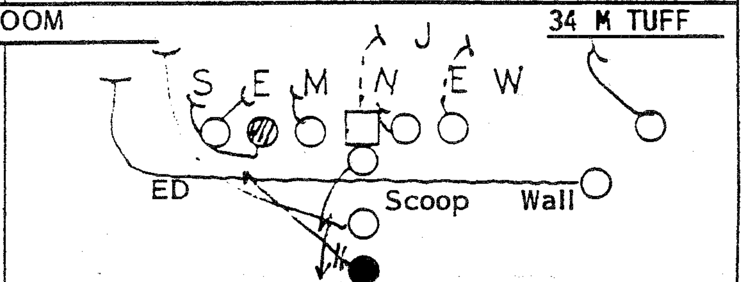
34 | NEAR LT SLOT ZAP | 34 J TUFF



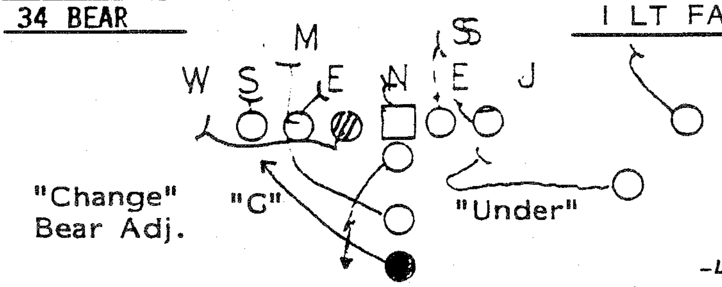


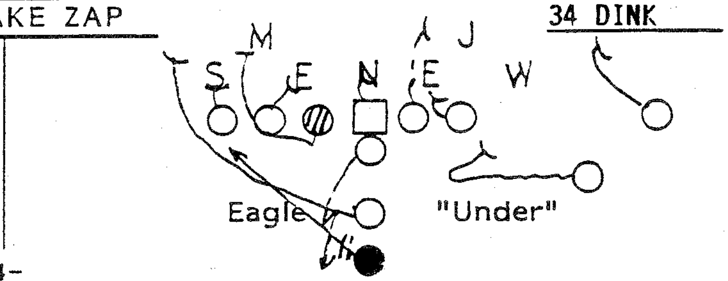
34 SINK | I LT ZOOM | 34 M TUFF





34 BEAR | I LT FAKE ZAP | 34 DINK

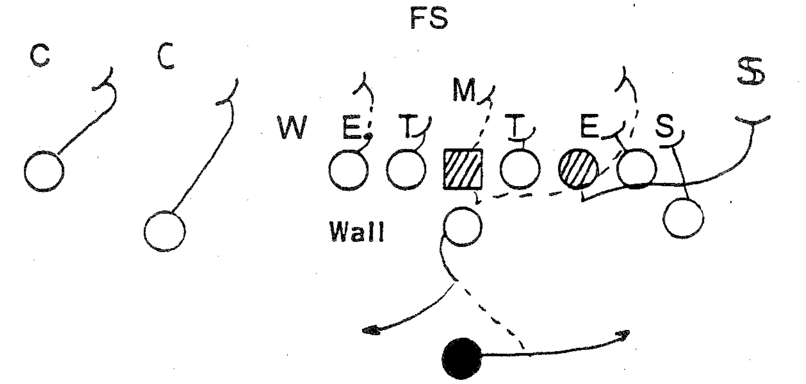




Play Number: ED CRACK RT **Basic Blocking:** Ed Crack

Formations:

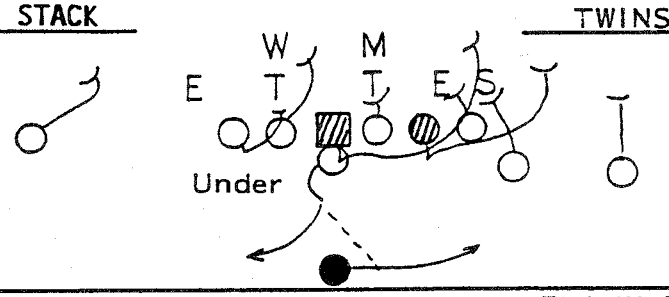
FLANK
TWINS



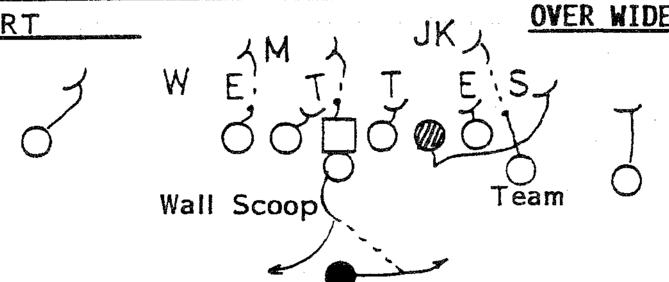
Ball Carrier:	Open angle step, speed to outside, run off force block.
Back:	Crack EMOL. C.P.: "Team" block with TE versus tackle bubble.
Y:	Ed or Base. C.P.: Tackle bubble, "team" with FB to Sam.
X:	Backside - Cut Off. Slot - Block DB over you.
Z:	Play side - Alert Crash Technique. Backside - Cut Off.

TWINS RT

40 STACK

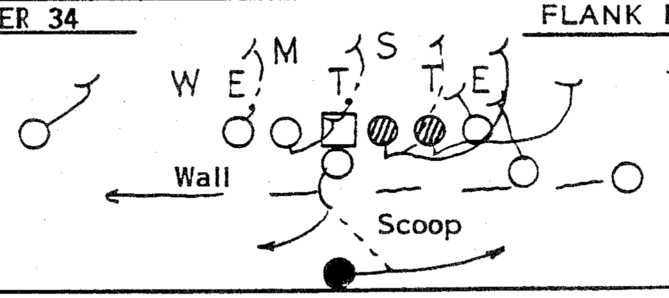


OVER WIDE JS

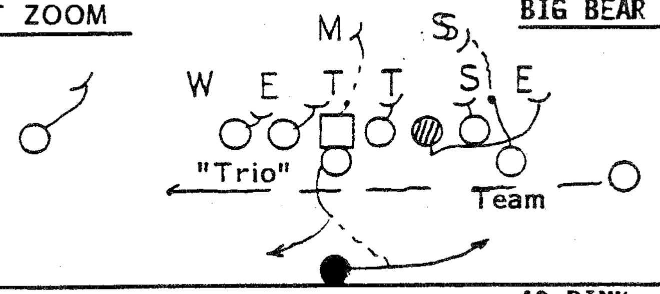


FLANK RT ZOOM

OVER 34

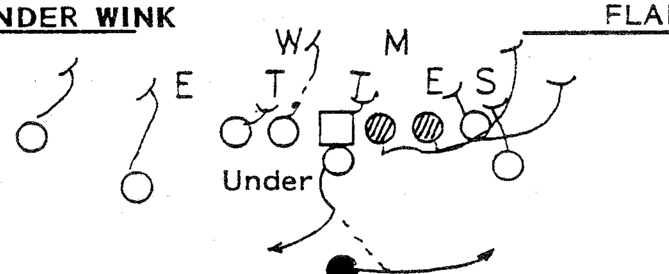


BIG BEAR

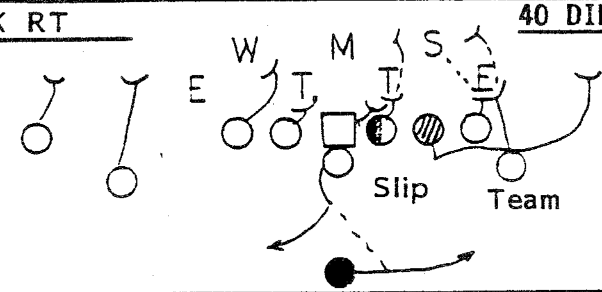


FLANK RT

UNDER WINK

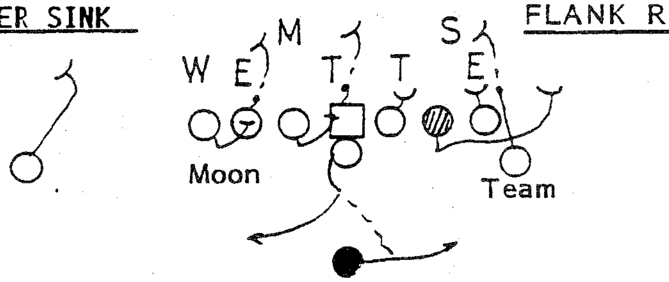


40 DINK

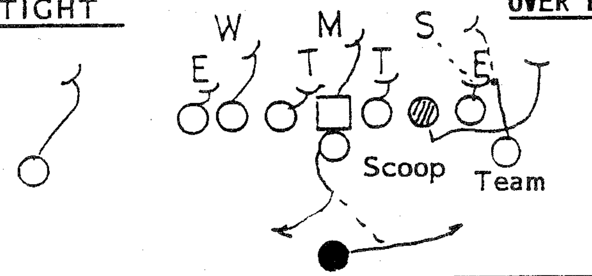


FLANK RT TIGHT

OVER SINK

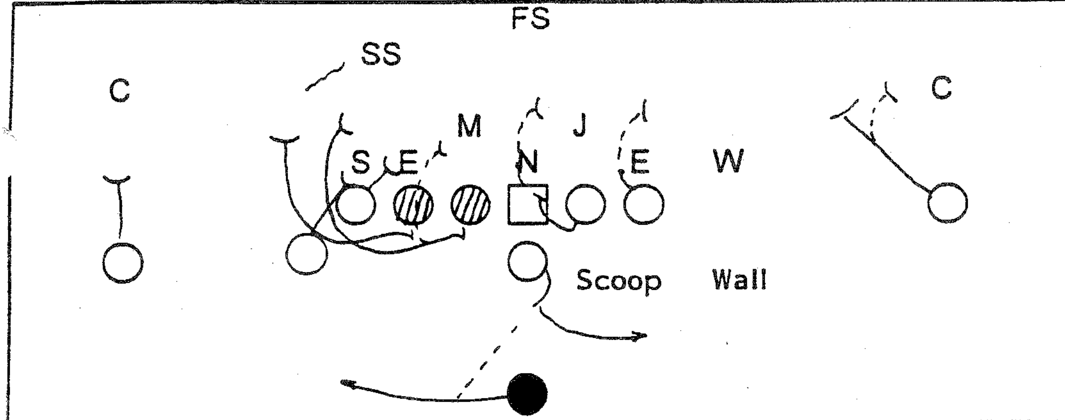


OVER DINK



Play ED CRACK LT

Basic Blocking: Ed Crack



QB Check Off: ALERT

Into: STAB

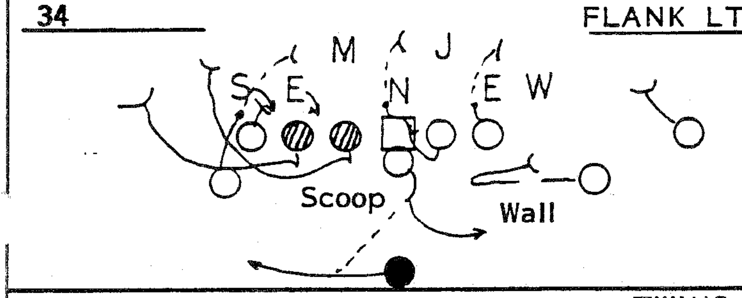
Out Of: 4 STRONG

QB Action and Alerts:

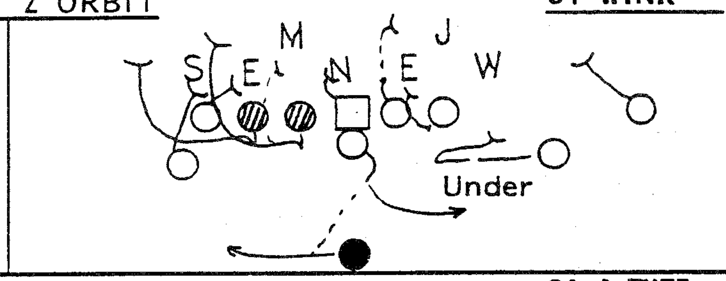
REVERSE OUT AND TOSS BALL TO BACK. FAKE BOOT.

FLANK LT Z ORBIT

34

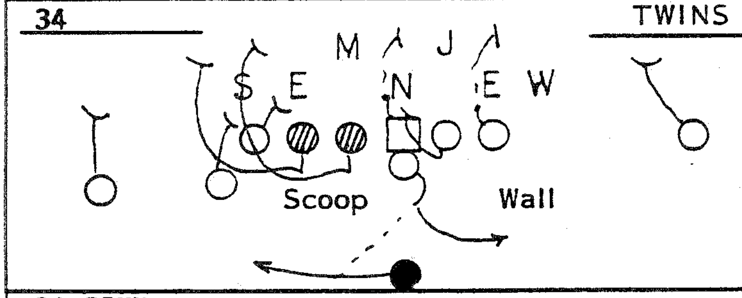


34 WINK

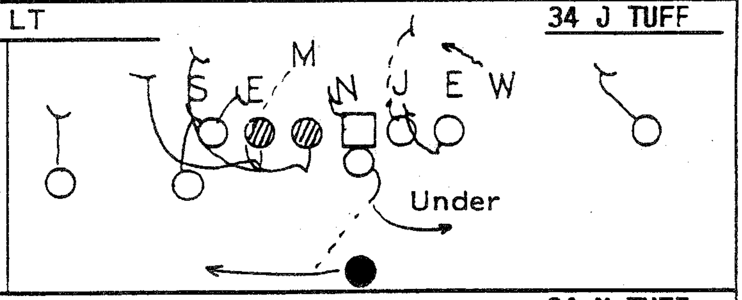


TWINS LT

34

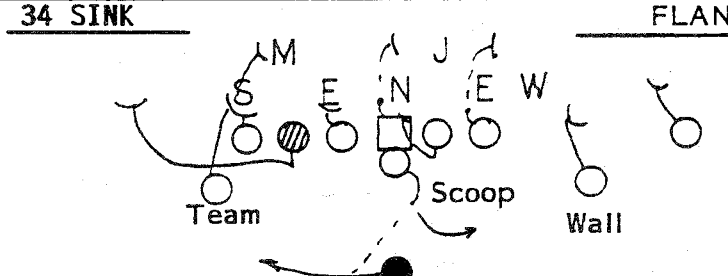


34 J TUFF

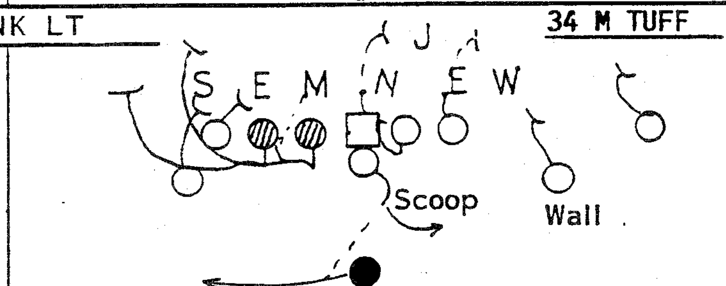


FLANK LT

34 SINK

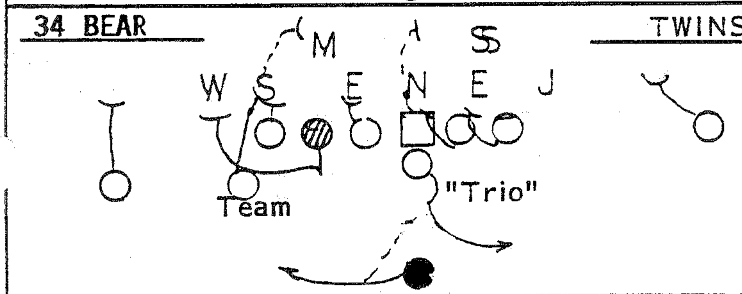


34 M TUFF

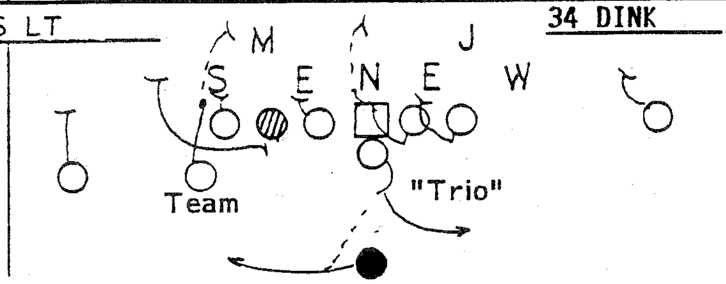


TWINS LT

34 BEAR



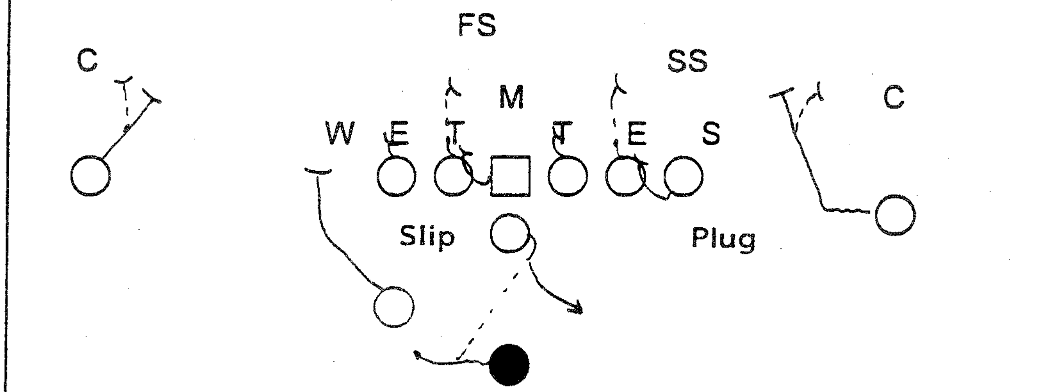
34 DINK



Play TOSS LT — **Basic Blocking:** Base Hook

Formations:

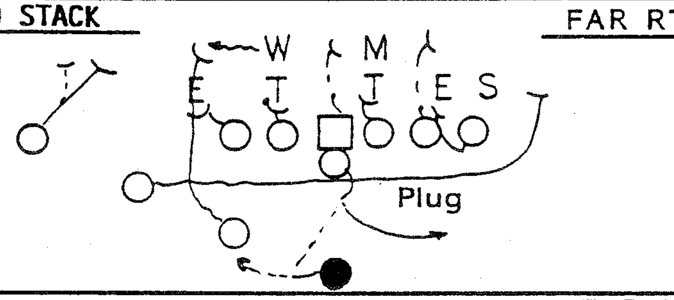
FAR (ZOOM)
NEAR JAM
NEAR SLOT (MOTION)
I
I SLOT (SAIL)



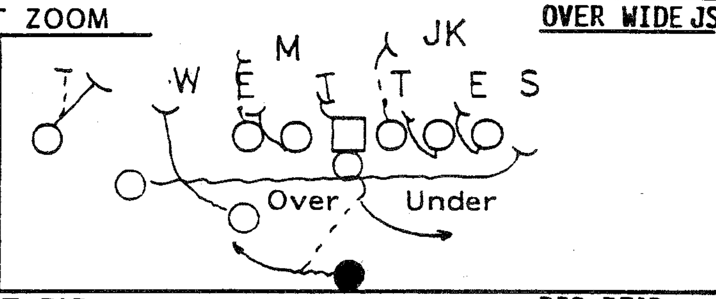
Ball Carrier:	Jump step, run downhill course. Aiming point two yards outside OT.
Back:	Go directly at Will if he is aligned on LOS. IF WLB is reduced, read G&OT.
Y:	Base cut off; Alert "Moon", "Plug"
X:	Playside - Block 1st force. Slot - block DB over you. Alert Dbl Crk.
Z:	Backside - Cut off. In Slot - block DB over you. Alert Dbl Crk.

FAR RT ZOOM

40 STACK

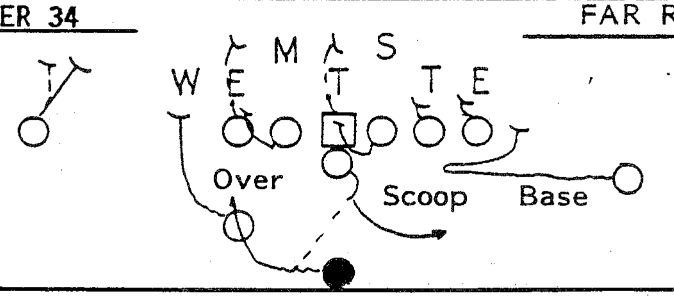


OVER WIDE JS

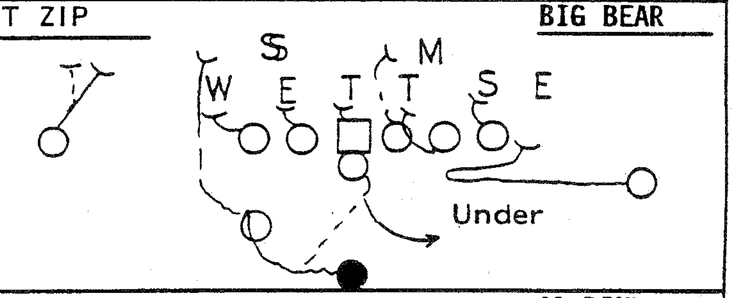


FAR RT ZIP

OVER 34

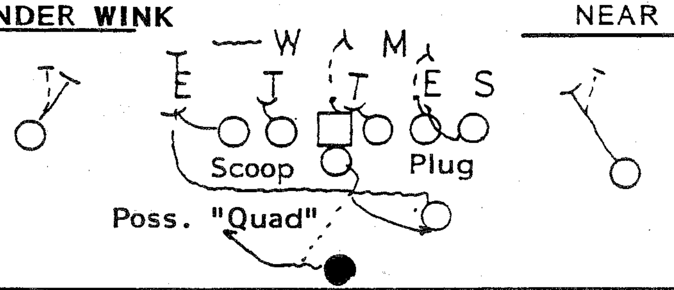


BIG BEAR

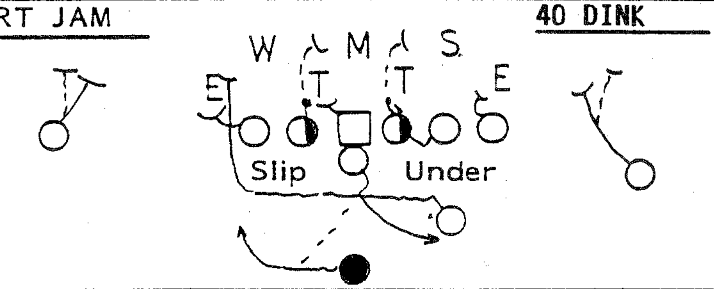


NEAR RT JAM

UNDER WINK

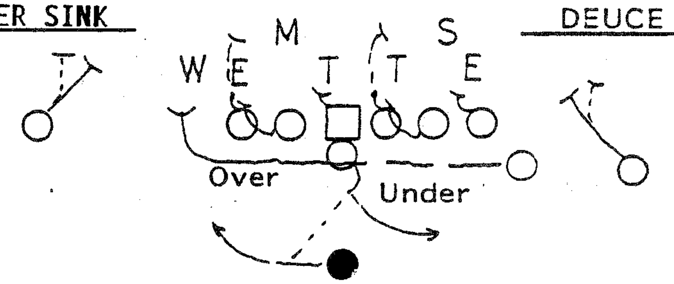


40 DINK

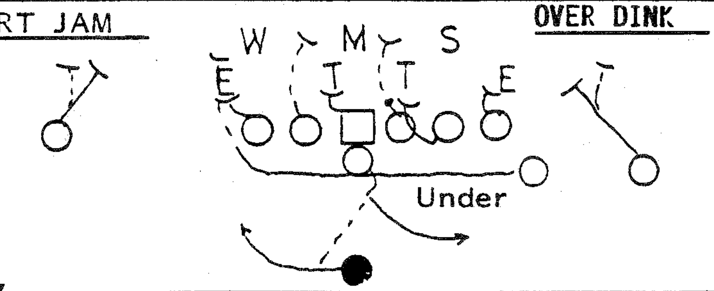


DEUCE RT JAM

OVER SINK

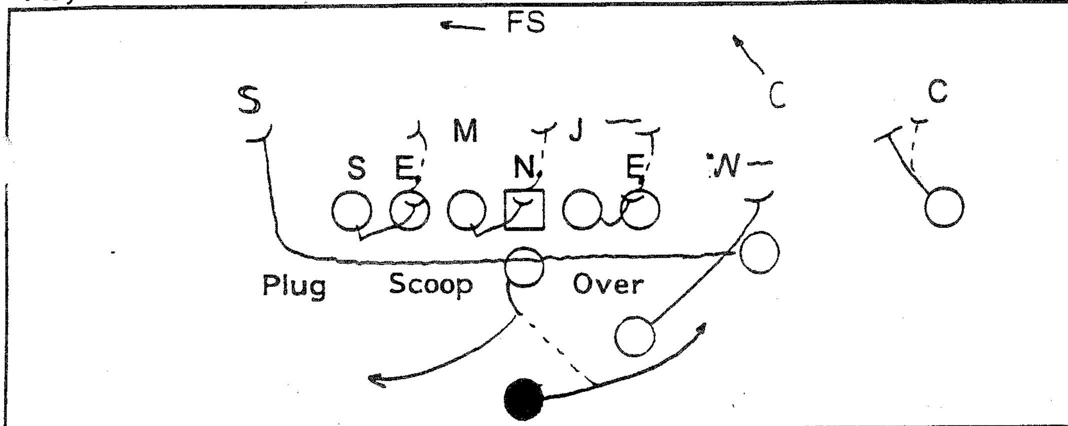


OVER DINK



Play TOSS RT

Basic Blocking: Base Hook



QB Check Off:

ALERT

Into:

GAME PLAN
POSS. "PLUS"

Out Of:

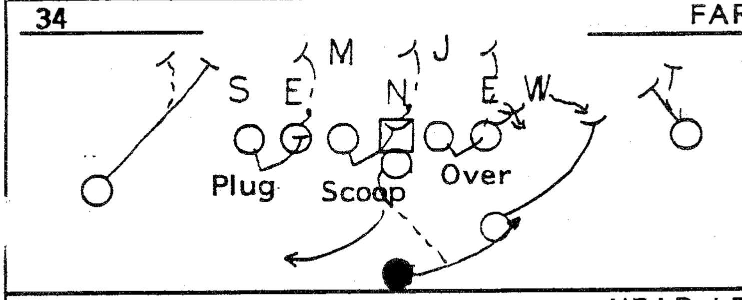
FS UP

QB Action and Alerts:

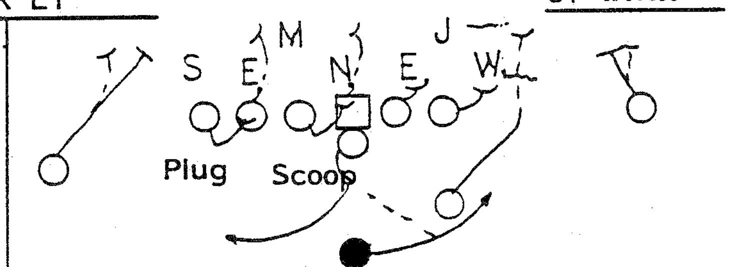
REVERSE OUT AND TOSS BALL TO BACK. FAKE BOOT.

FAR LT

34

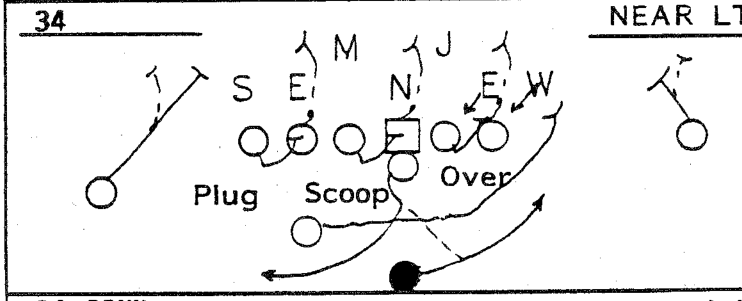


34 WINK

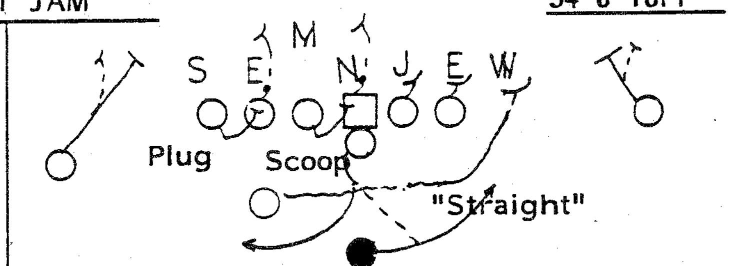


NEAR LT JAM

34

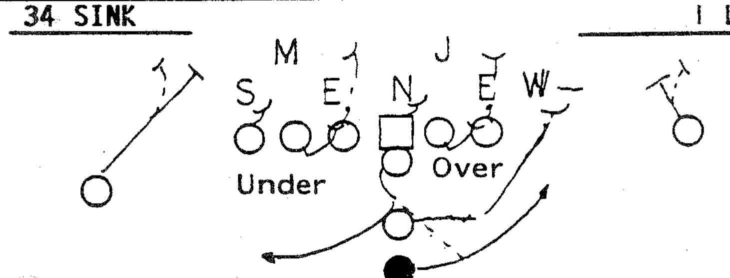


34 J TUFF

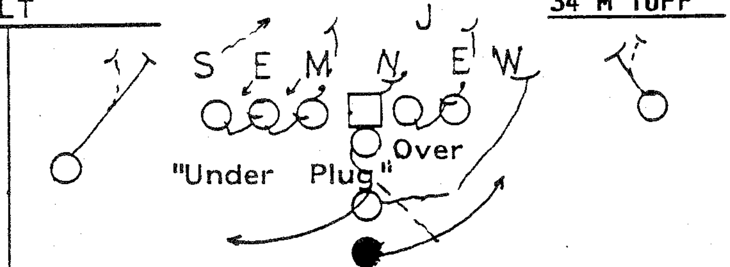


I LT

34 SINK

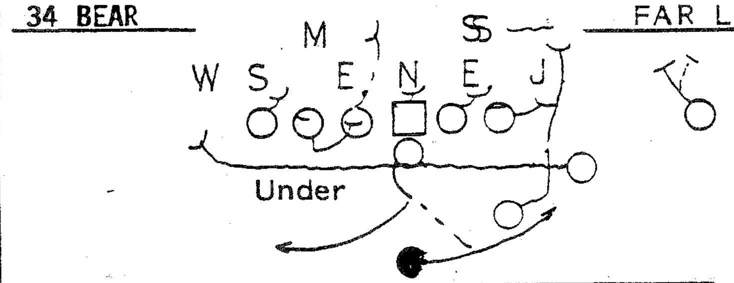


34 M TUFF

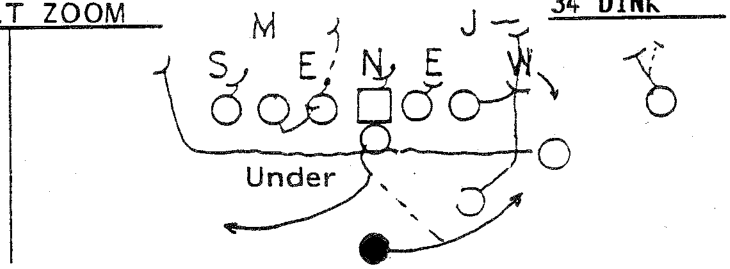


FAR LT ZOOM

34 BEAR



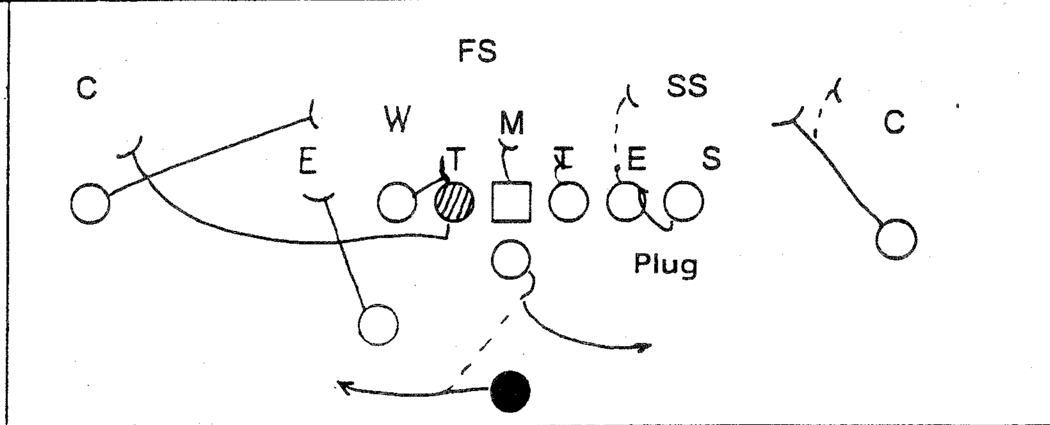
34 DINK



Play TOSS CRACK LT **Basic Blocking:** Toss Sweep

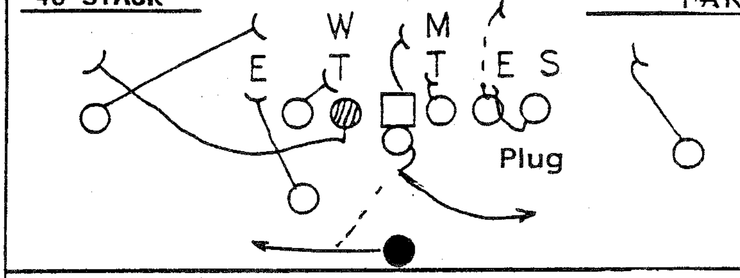
Formations:

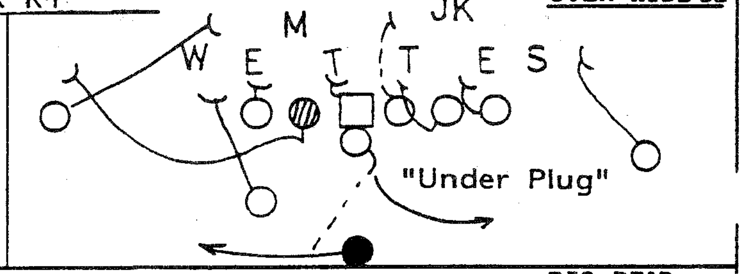
FAR (ZOOM)
SPLIT (NKL)



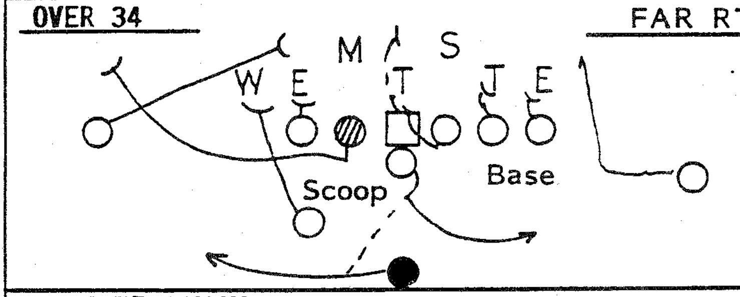
Ball Carrier:	Open angle step, speed to outside, run off of Guard's block.
Back:	Cut EMOL.
Y:	Block Plug.
X:	Crack on first stacked defender. C.P.: reduce split
Z:	Backside - Cut off

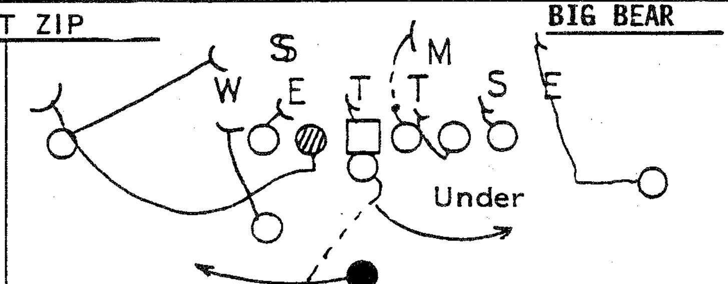
40 STACK FAR RT **OVER WIDE JS**



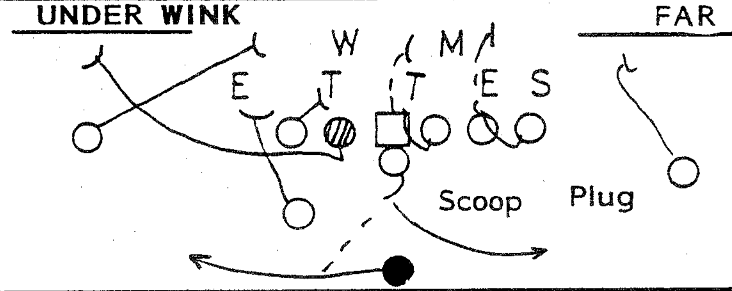


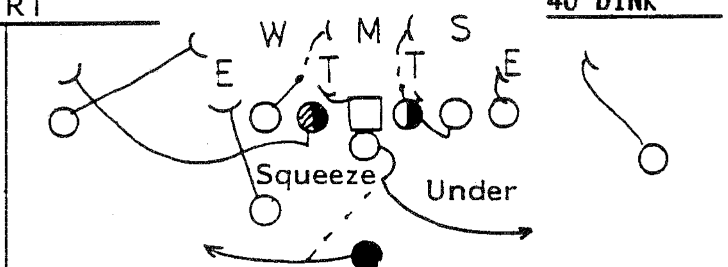
OVER 34 FAR RT ZIP **BIG BEAR**



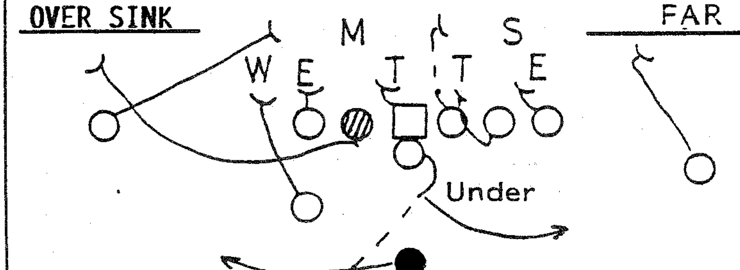


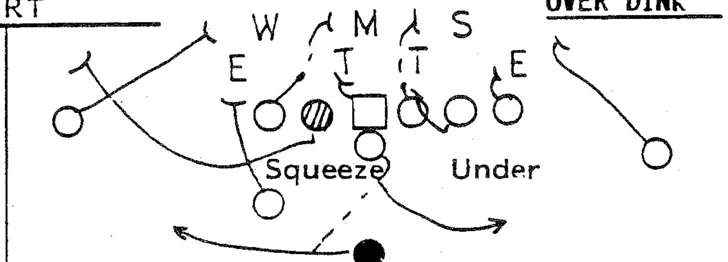
UNDER WINK FAR RT **40 DINK**





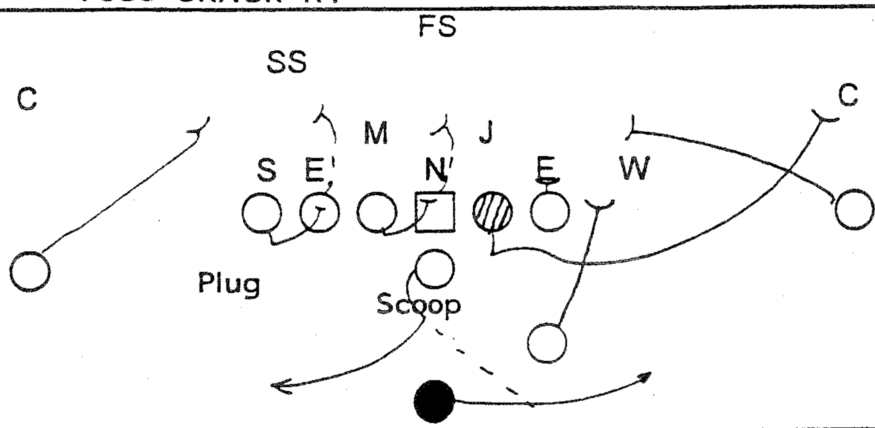
OVER SINK FAR RT **OVER DINK**





Play TOSS CRACK RT

Basic Blocking: Toss Sweep



QB Check Off:

ALERT

Into:

GAME PLAN

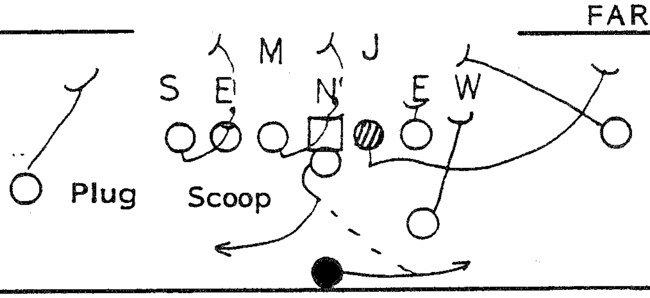
Out Of:

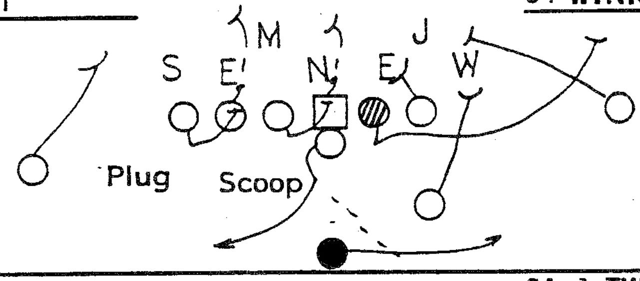
FS UP

QB Action and Alerts:

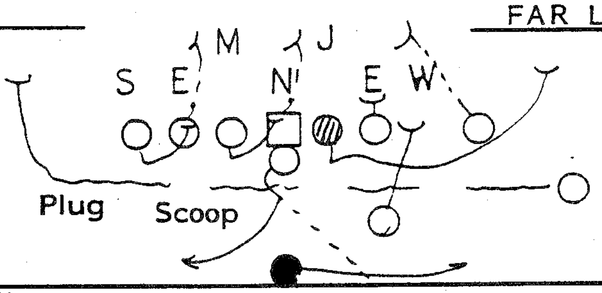
REVERSE OUT AND TOSS BALL TO BACK. FAKE BOOT.

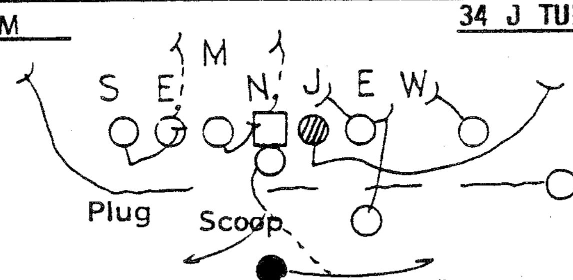
34 FAR LT 34 WINK



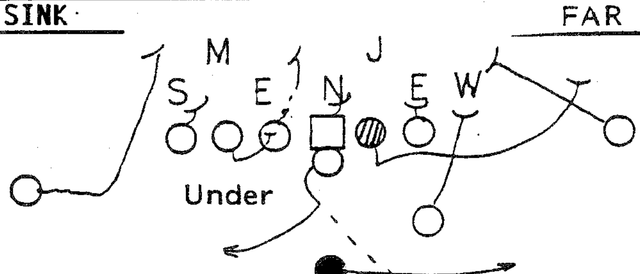


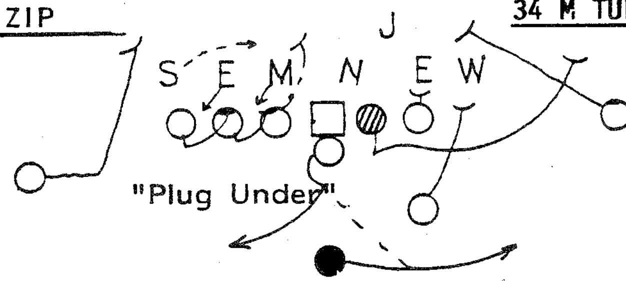
34 FAR LT ZOOM 34 J TUFF



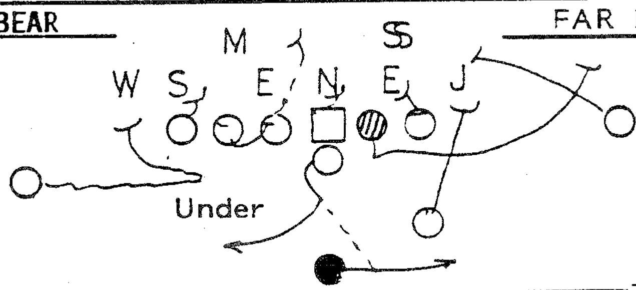


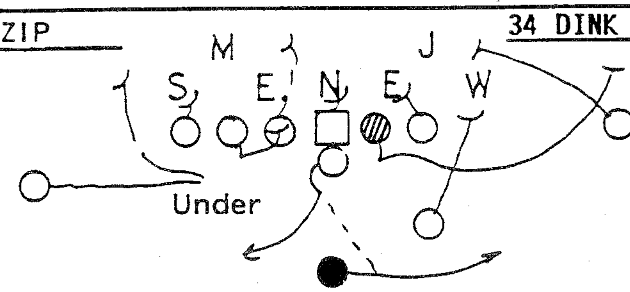
34 SINK FAR LT ZIP 34 M TUFF





34 BEAR FAR LT ZIP 34 DINK



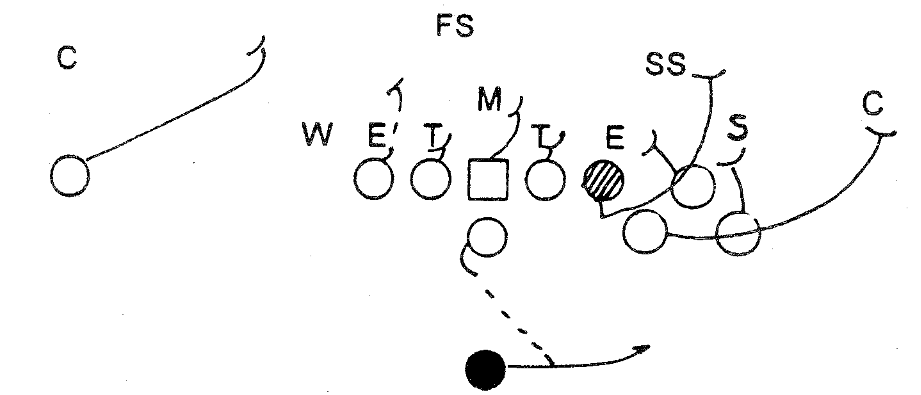


Play Number: TRUK RT

Basic Blocking:

Formations:

BUNCH
TRIPLE
FUZZ-TRIPLE

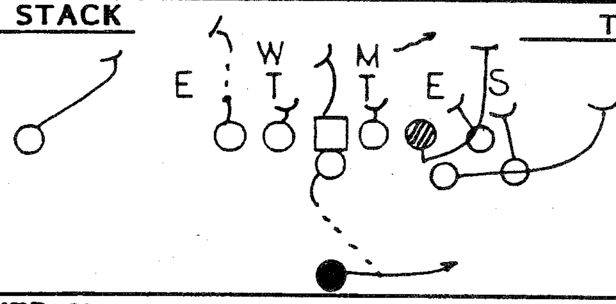


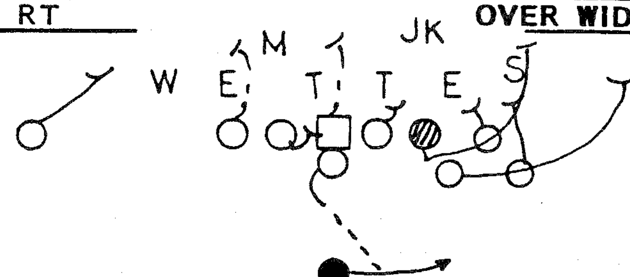
Ball Carrier:	Open angle step, speed to outside, run off Force block.
Back:	Block Force - Widen defender with speed.
Y:	Crack 1st Man on the L.O.S., Head up to outside OT
X:	Cut Off
Z:	Crack 2nd Man on or off the L.O.S. from Head up to Outside OT.

40 STACK

Triple RT

OVER WIDE JS

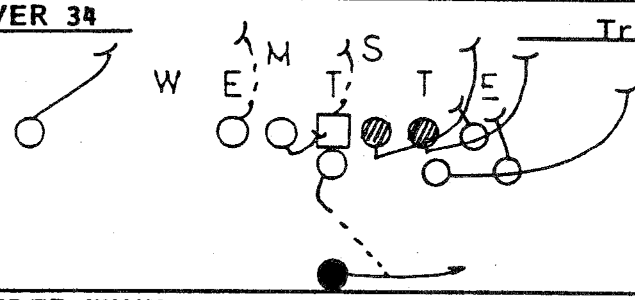


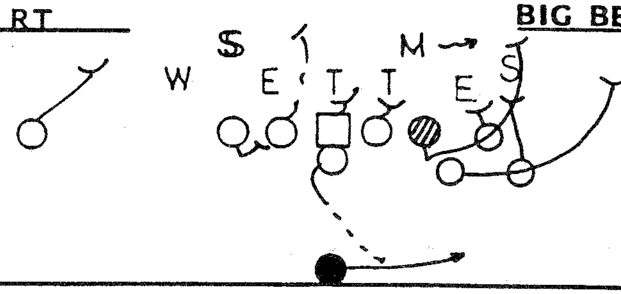


OVER 34

Triple RT

BIG BEAR

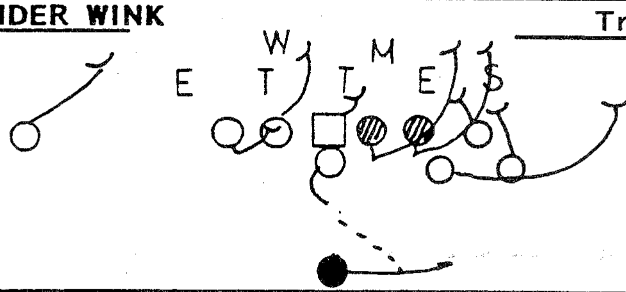


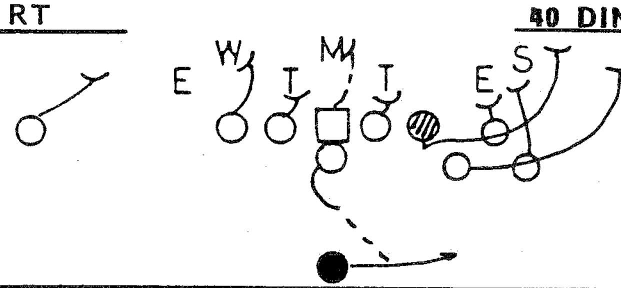


UNDER WINK

Triple RT

40 DINK

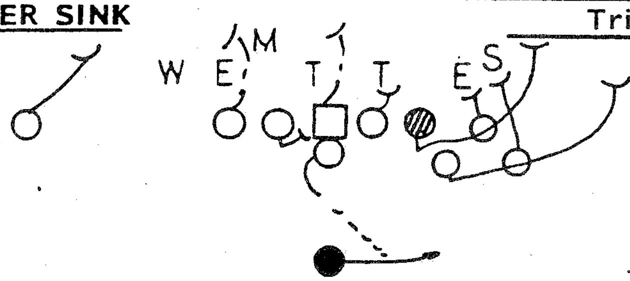


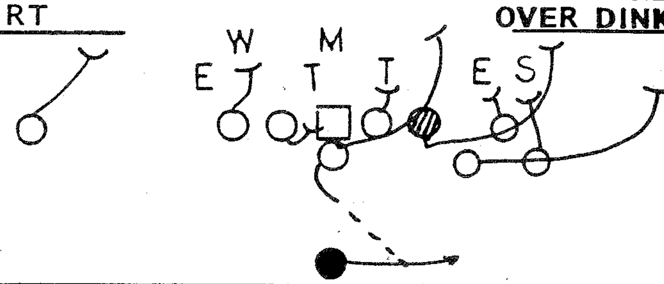


OVER SINK

Triple RT

OVER DINK





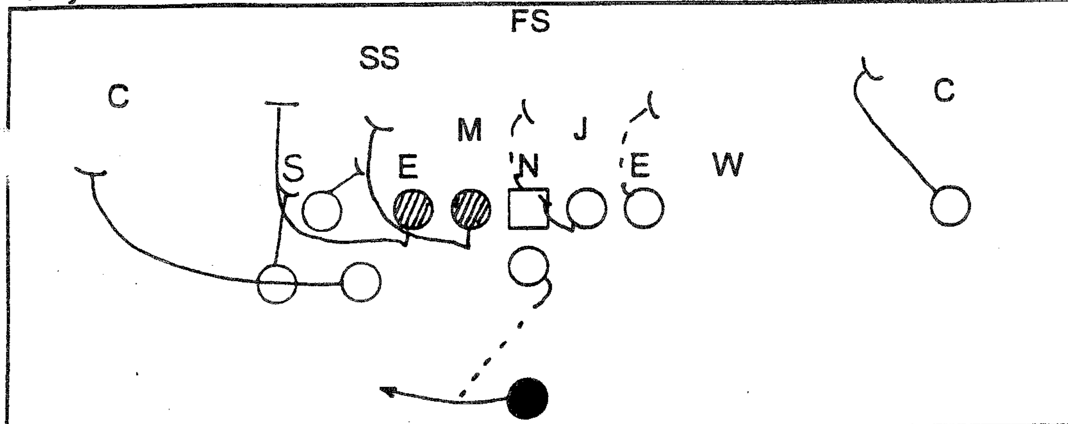
Play Number: Truk LT

Basic Blocking:

QB Check Off:

Into:

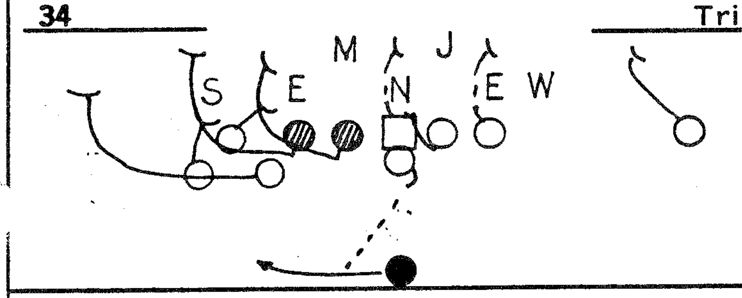
Out Of:

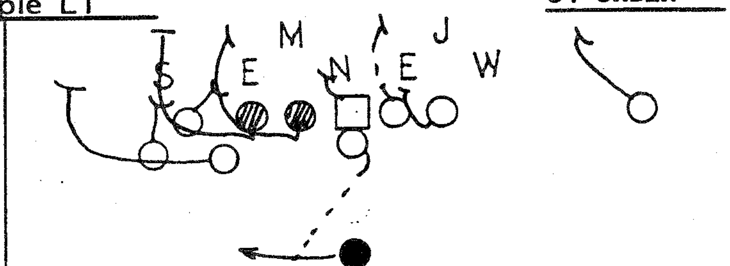


QB Action and Alerts:

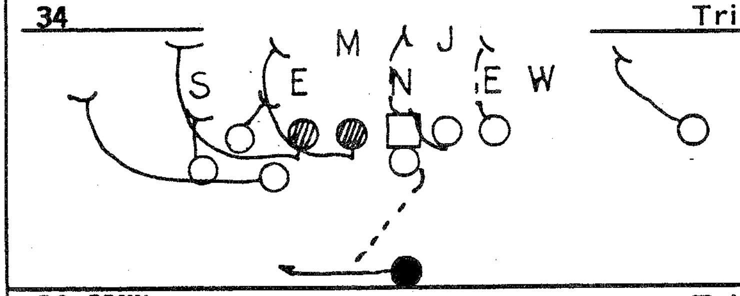
Reverse Out and Toss ball to Back. Fake Boot.

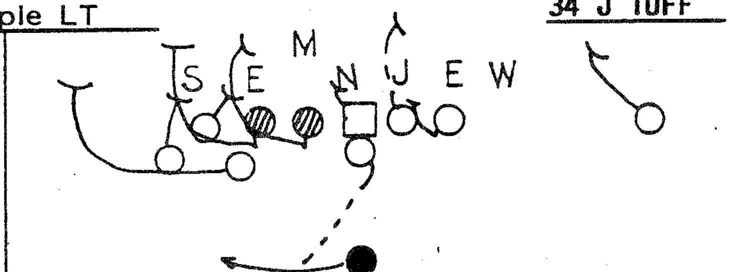
34 — Triple LT — **34 UNDER**



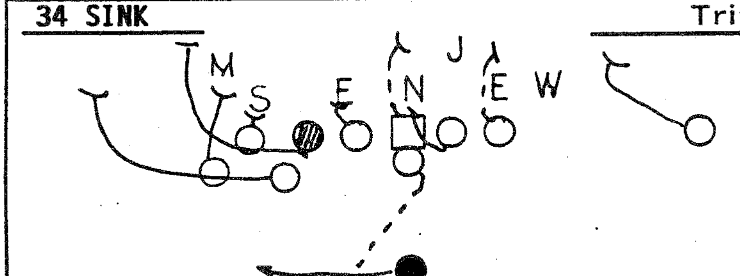


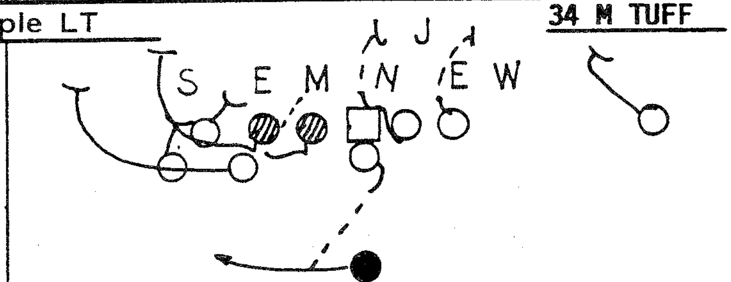
34 — Triple LT — **34 J TUFF**



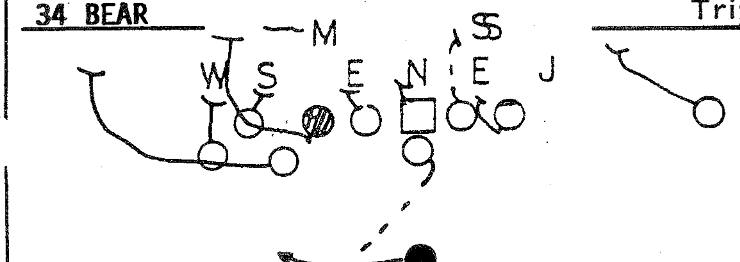


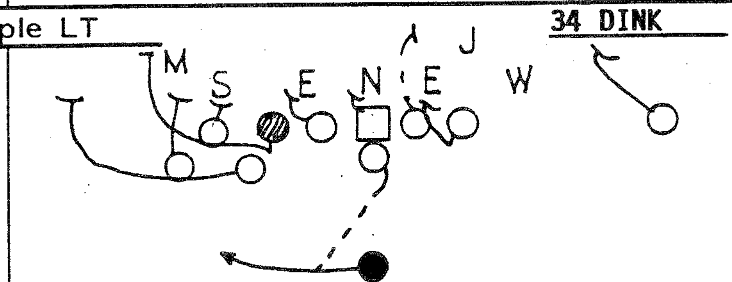
34 SINK — Triple LT — **34 M TUFF**





34 BEAR — Triple LT — **34 DINK**

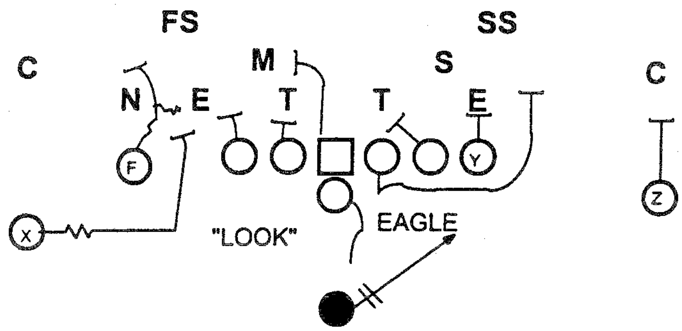




NICKEL RUNS

Play Number: Outside Right/Left (60/70) **Basic Blocking: Outside**

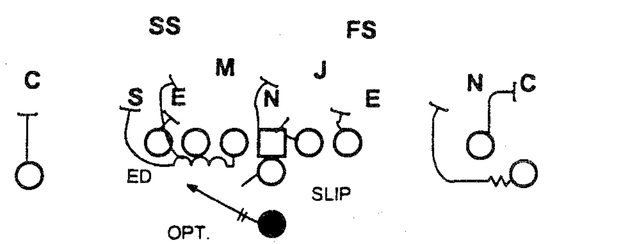
Formations:
Dual (Slip)
Double
Double (Flo)
Double (Fly)
Twins
Flex
Float



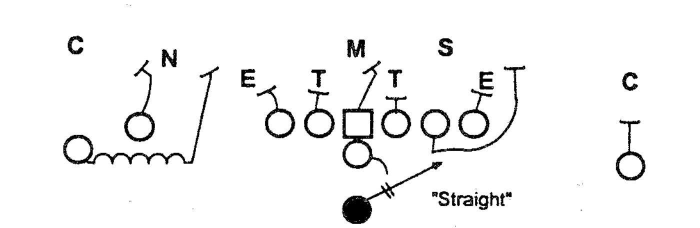
Ball Carrier:	Jump step, aiming point inside leg of TE. Read TE's block.
F:	Backside – Block DE over you. Playside – Block 1st support.
Y:	Block DE. Alert, 5 Down
X:	Cut Off
Z:	Playside – Block 1st support. Backside & Twins – Block DB over you.
QB:	Open, outside hand off. Set up, Fake Belly Pass. Alert 4 Strong.

33 STG LT Dual (Slip) RT **42**

Left

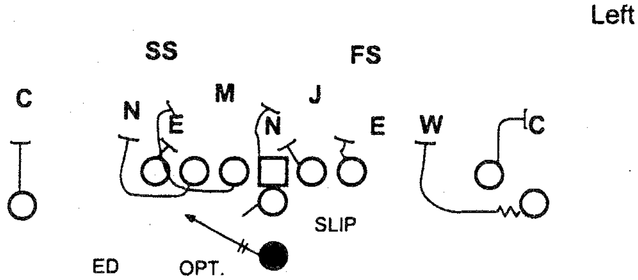


Right

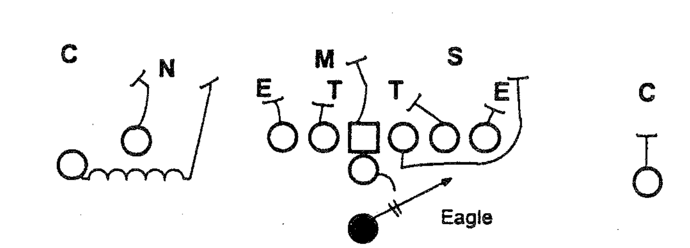


33 WK LT Dual (Slip) RT **42 OVER**

Left

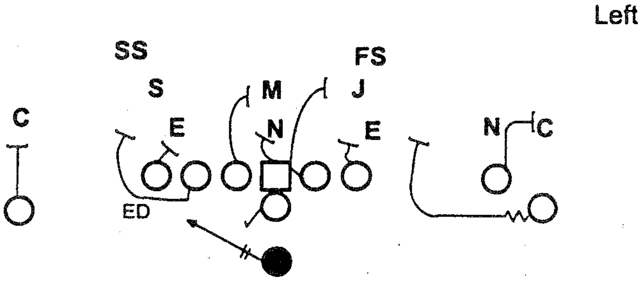


Right

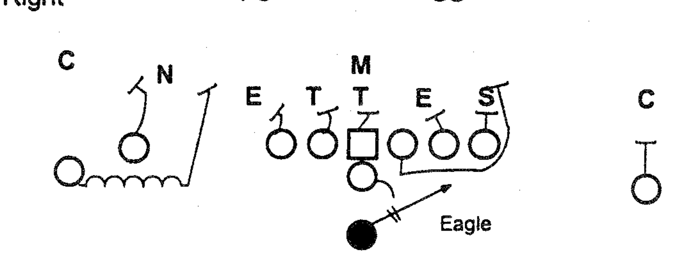


33 STACK LT Dual (Slip) RT **UN 5 DOWN**

Left

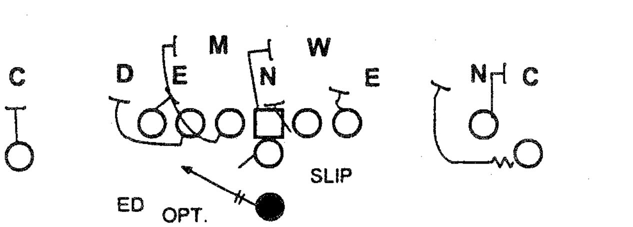


Right

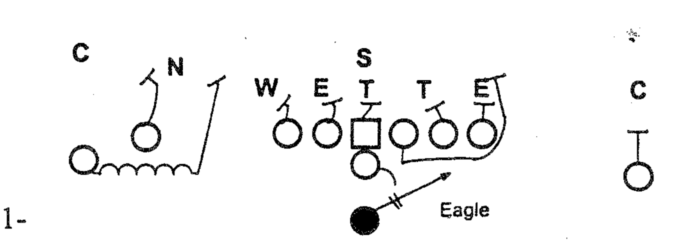


32 LT Dual (Slip) RT **OV 5 Down**

Left



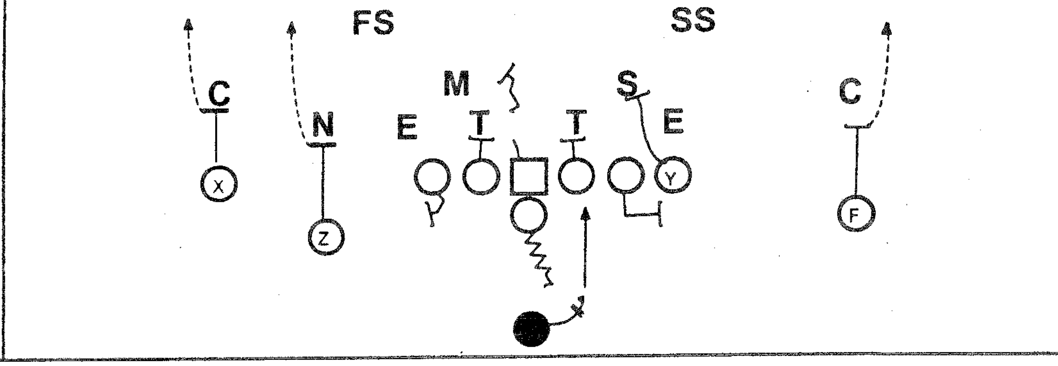
Right



Play Number: Brush RT/LT (20-30) Direct **Basic Blocking:**

Formations:

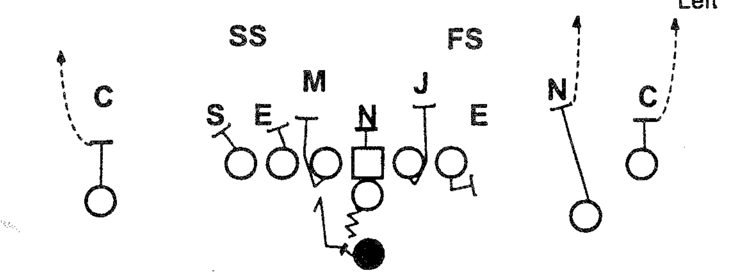
DOUBLE OPEN
DOUBLE
FLEX
TWINS

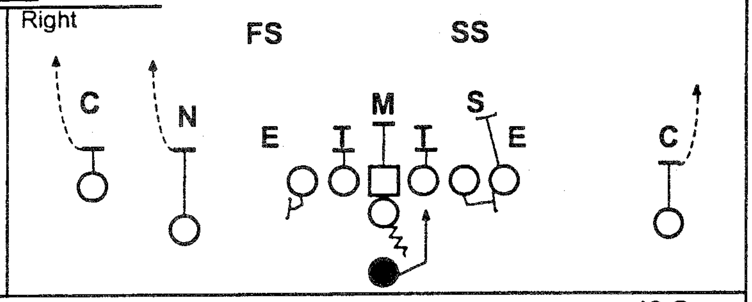


Ball Carrier:	Slide to mesh point, read Guards block. C.P.: Direct snap, tighten alignment.
F:	Release – Block DB over you.
Y:	Block ist DB or LB to your side. Poss. "Triple", "Hang".
X:	Release – Block DB over you. Alert 2 Minute.
Z:	Release – Block DB over you. Alert 2 Minute.
QB:	Hand ball to RB, set up to pass. Direct snap, set up to pass. Alert 7 in box.

33 STG FLEX **42**

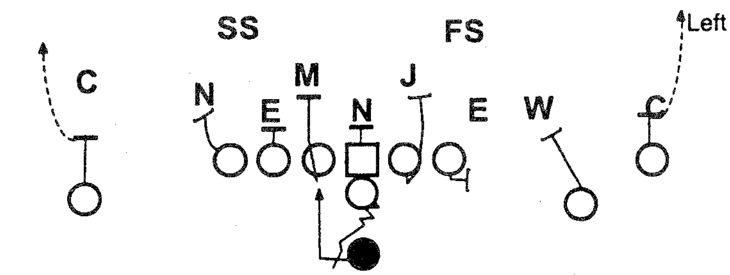
Left | Right

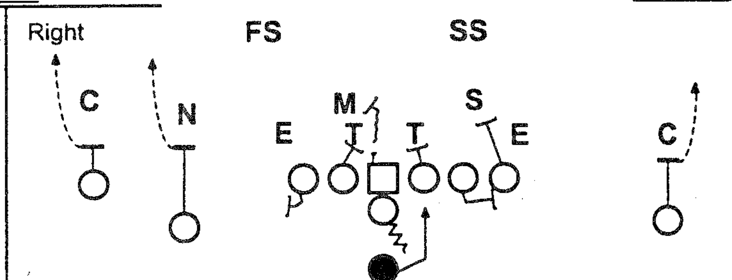




33 WK FLEX **42 Over**

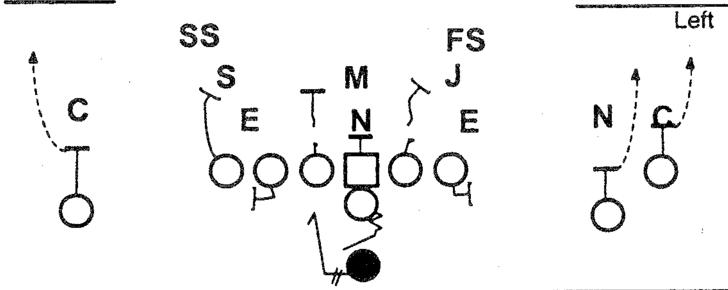
Left | Right

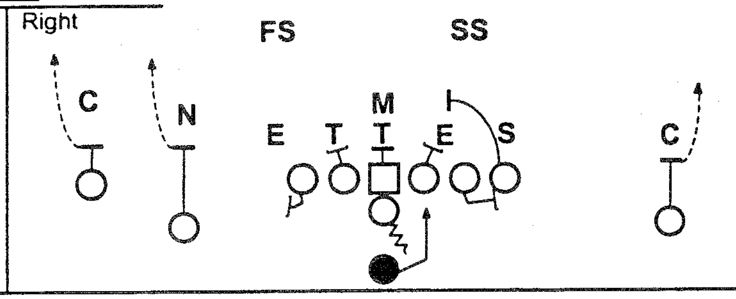




33 Stack FLEX **UN 5 Down**

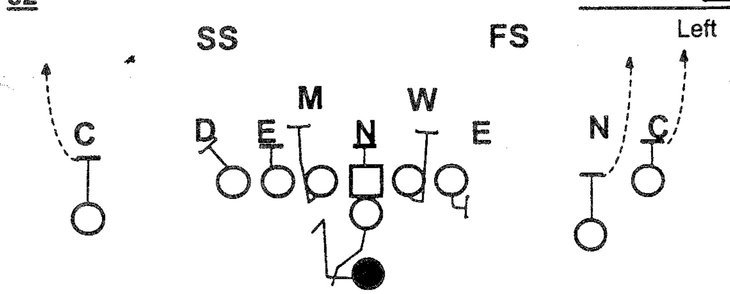
Left | Right

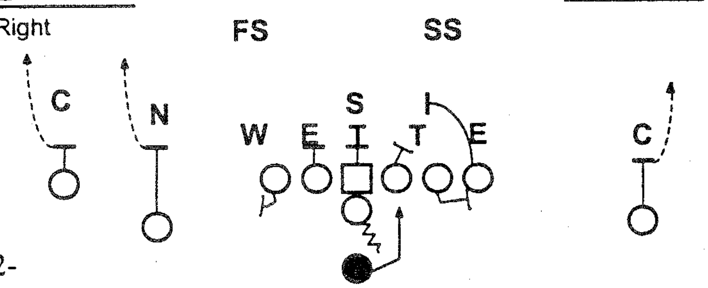




32 FLEX **OV 5 Down**

Left | Right

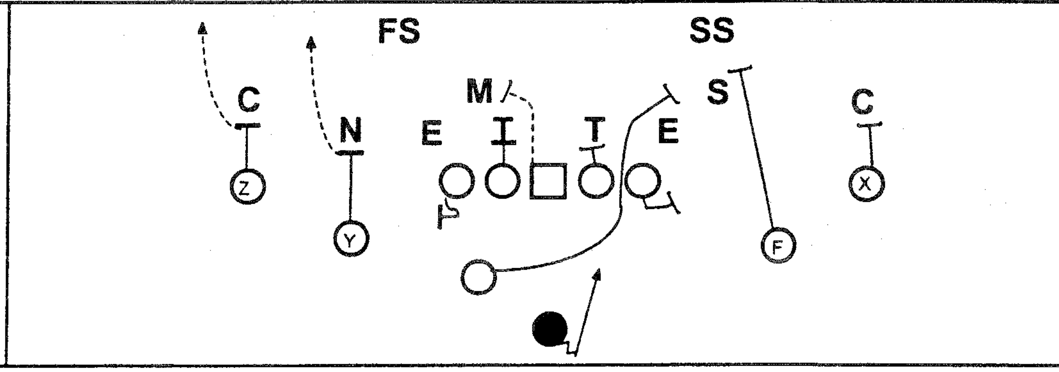




Play Number: QB ISO RT/LT | **Basic Blocking: DRAW**

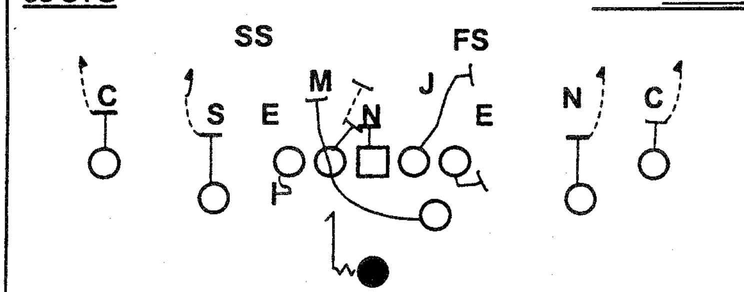
Formations:

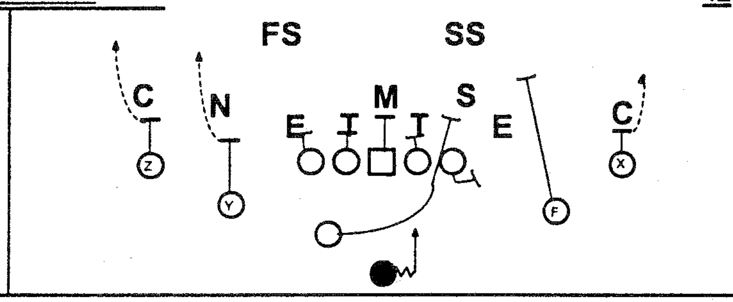
Laser/Rocket



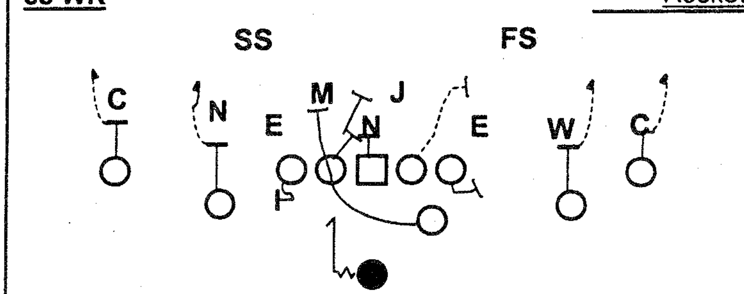
QB Ball Carrier:	Drop 3 steps, turn shoulders, read block of onside guard. Alert 7 in box.
F:	Release – Block DB over you.
Y:	Release – Block DB over you.
X:	Release – Block DB over you.
Z:	Release – Block DB over you.
H:	Block first Backer to call.

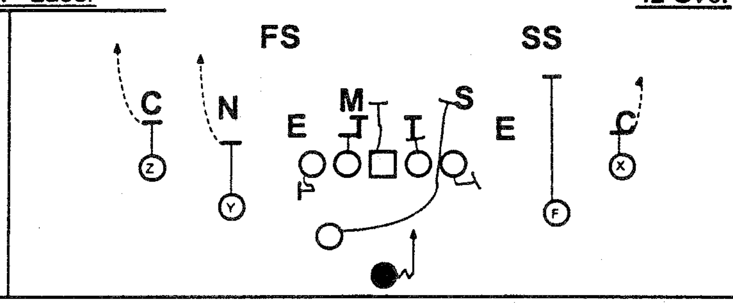
33 STG | Rocket - Laser | **42**



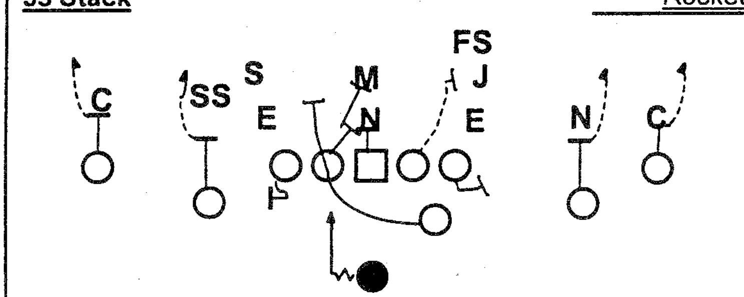


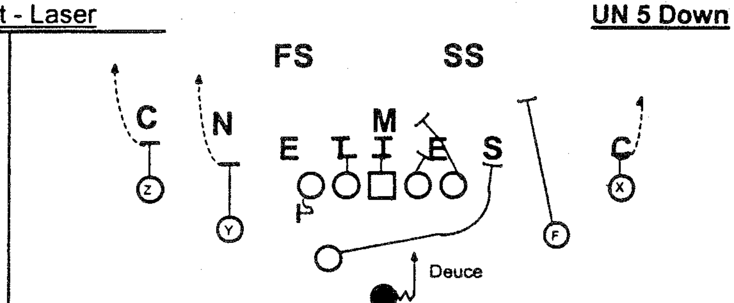
33 WK | Rocket - Laser | **42 Over**



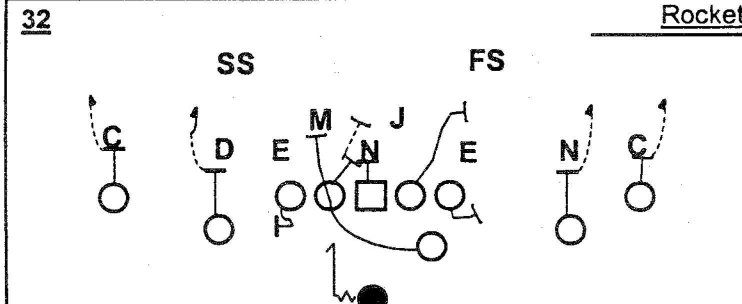


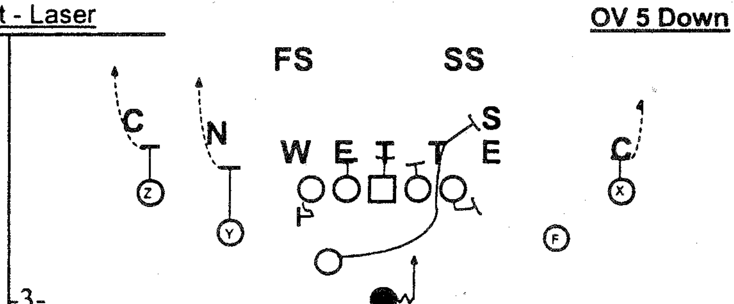
33 Stack | Rocket - Laser | **UN 5 Down**





32 | Rocket - Laser | **OV 5 Down**

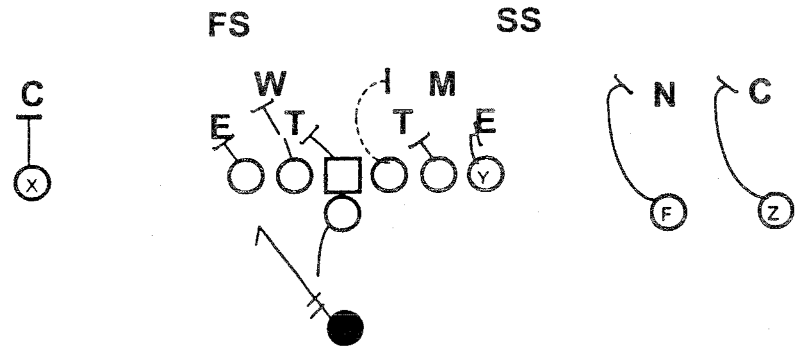




Play Number: GUT LT/RT (40-50) **Basic Blocking: ZONE**

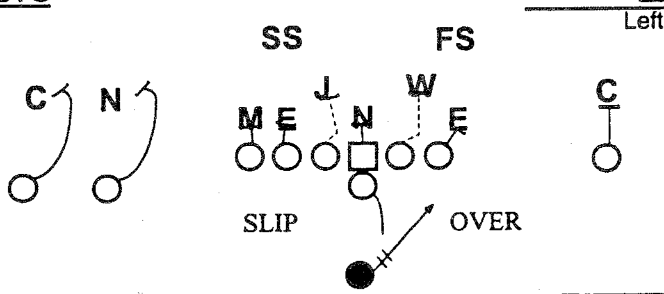
Formations:

TWINS
DOUBLE
LEX



Ball Carrier:	Open step with near foot, cross over and chase outside leg of OT.
F:	Onside – Block man on. Alert DBL Crack. Backside – cut off.
Y:	Base cut off.
X:	Block man over you. Alert DBL Crack
Z:	Onside – Block man over you. Alert DBL Crack. Backside – cut off.
QB:	Get ball deep to Back, fake Naked. Alert 3 Fair Blocks

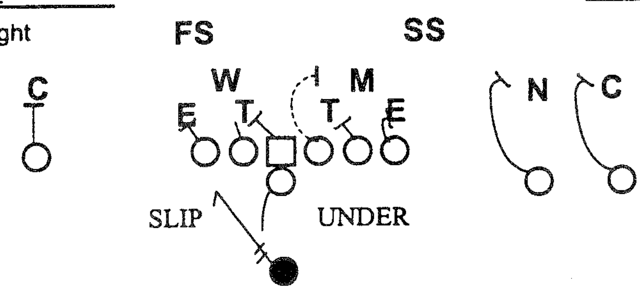
33 STG — TWINS (Left | Right) — **42**



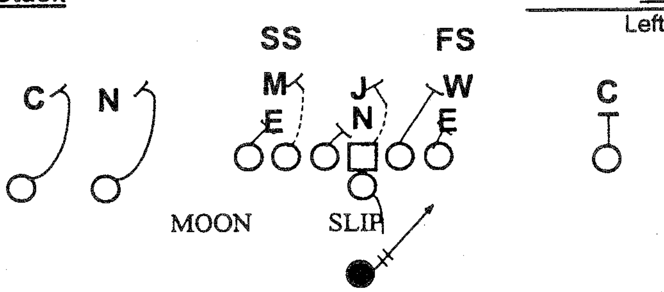
NA

33 WK — TWINS (Left | Right) — **42 Over**

NA



33 Stack — TWINS (Left | Right) — **UN 5 Down**



NA

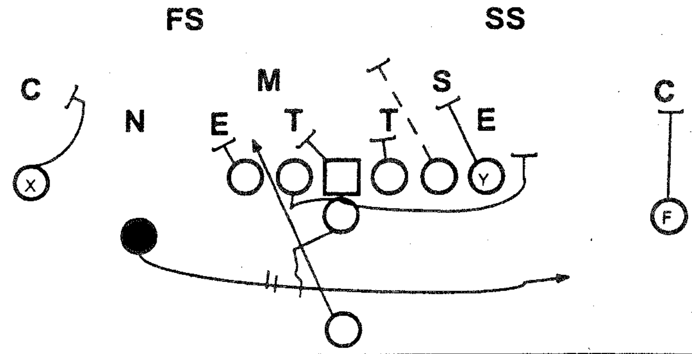
32 — TWINS (Left | Right) — **OV 5 Down**

NA

NA

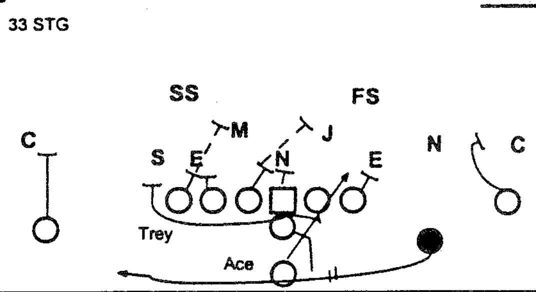
Play Number: FAKE GUT Z/F BEHIND **Basic Blocking: REVERSE**

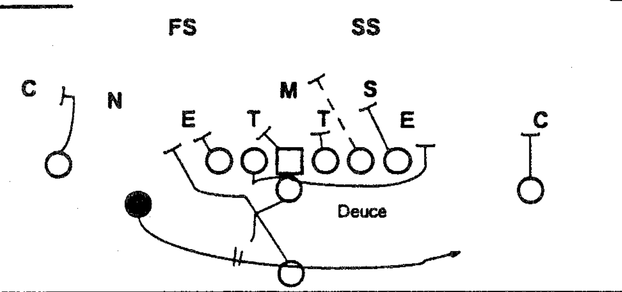
Formations:
DOUBLE
FLEX



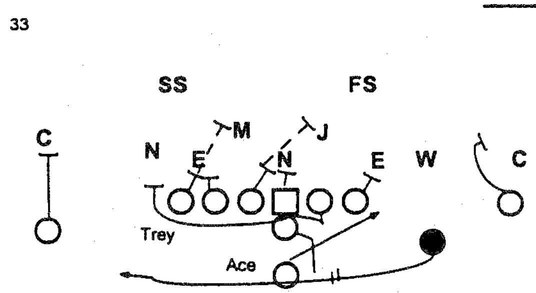
Z - Ball Carrier:	Get deeper than H, Take ball from QB, run reverse.
F:	Release, block man on.
Y:	Block gap to 2[nd] level.
X:	Cut off.
H:	Fake Gut, block B to C gap defender
QB:	Open to Gut, fake to H, hand to Z

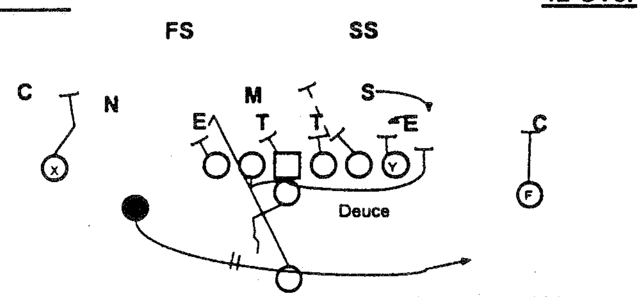
33 STG — FLEX (Left | Right) — **42**



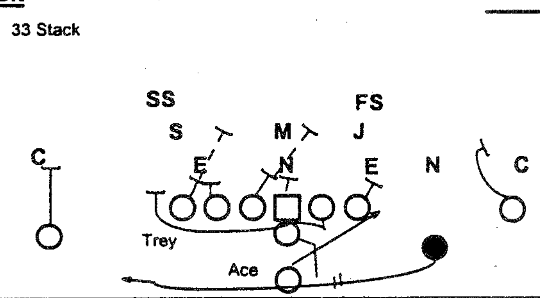


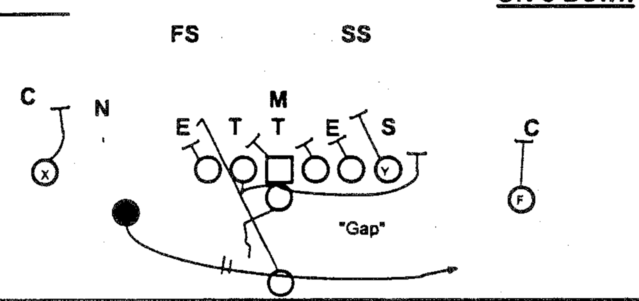
33 WK — FLEX (Left | Right) — **42 Over**



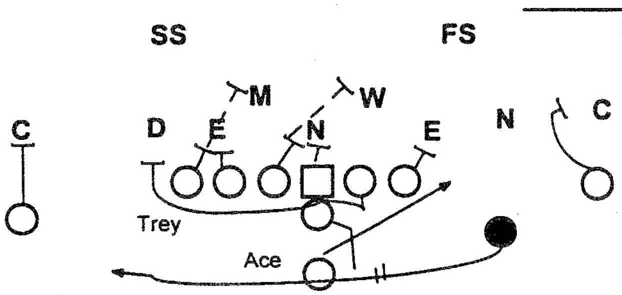


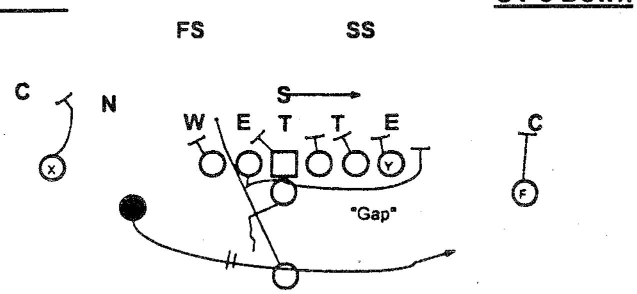
33 Stack — FLEX (Left | Right) — **UN 5 Down**





32 — FLEX (Left | Right) — **OV 5 Down**



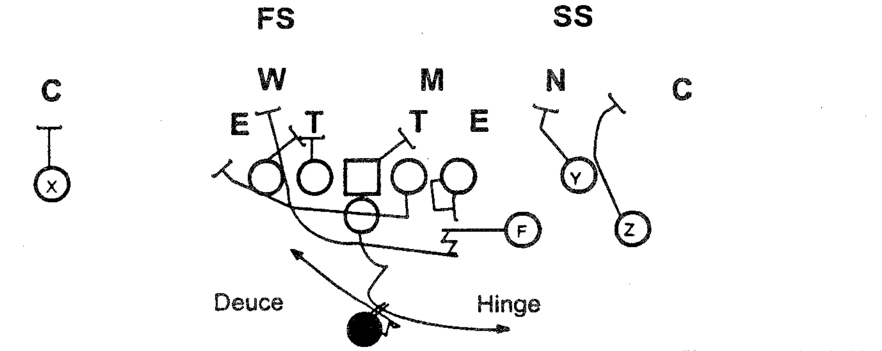


Play Number: STUTTER RT/LT

Basic Blocking: COUNTER

Formations:

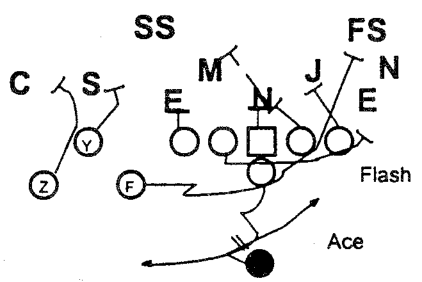
TRIPLE (ORBIT)
TWINS (Y OFF)



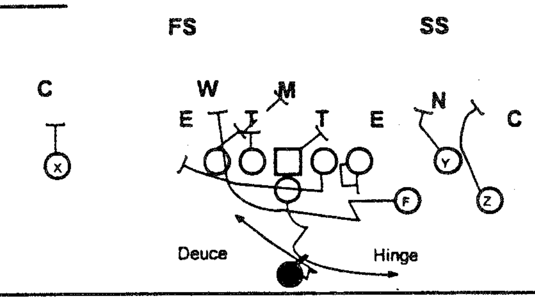
Ball Carrier:	Jump step. Read F for cut.
F:	Read Guard block. Lead inside or outside for Will.
Y:	Base cut off.
X:	Block first defender
Z:	Cut off
QB:	Open away from the hole, over the top ball handling. Fake Naked. Alert OT Bubble.

33 STG — Triple (Orbit) — **42**

Left

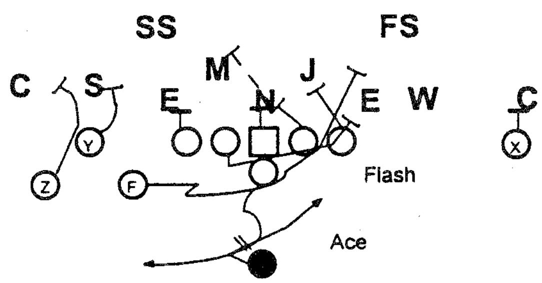


Right

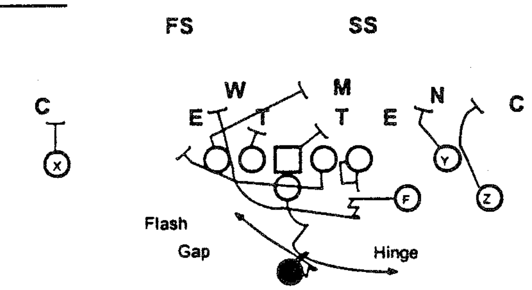


33 WK — Triple (Orbit) — **42 Over**

Left

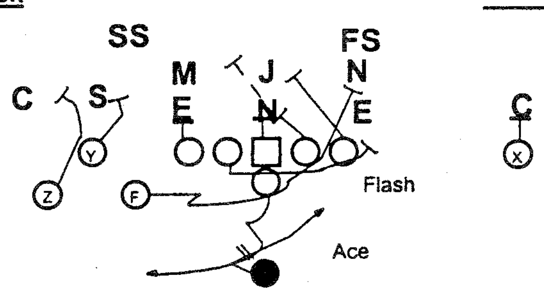


Right

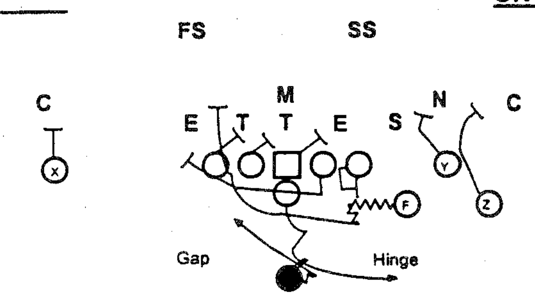


33 Stack — Triple (Orbit) — **UN 5 Down**

Left

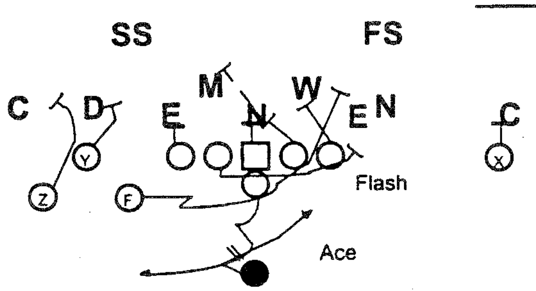


Right

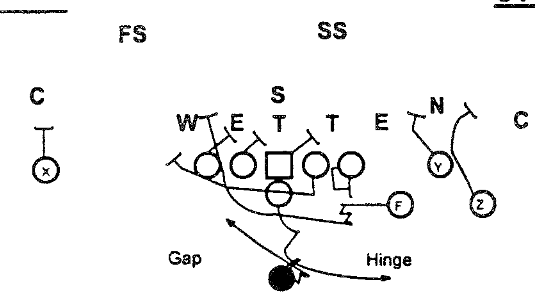


32 — Triple (Orbit) — **OV 5 Down**

Left



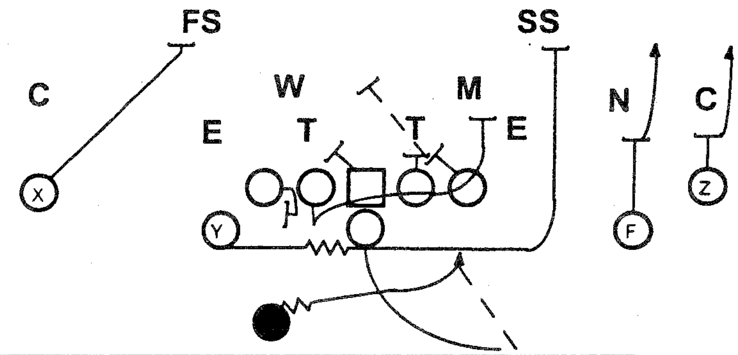
Right



Play Number: Shovel RT/LT **Basic Blocking: DRIVE**

Formations:

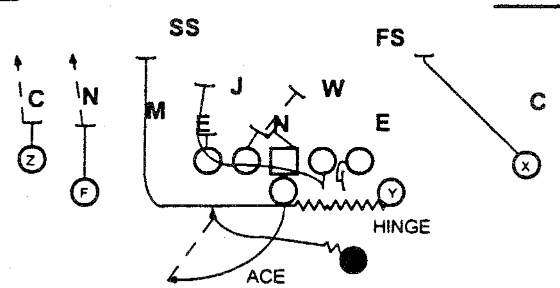
TWINS (FLY)
SPLIT (FULL)

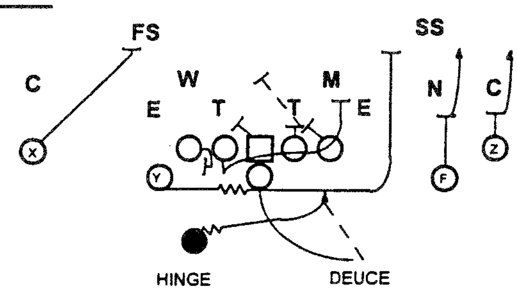


Ball Carrier:	Step up with outside foot, catch pass and follow Guard.
F:	Release – Block man over.
Y:	Bluff E.M.O.L. Release outside of him and block alley.
X:	Release – Block man over. Alert 2 man.
Z:	Release – Block man over. Alert 2 man.
QB:	Start speed course. Flip ball to Back.

33 STG — TWINS (FLY) — **42**

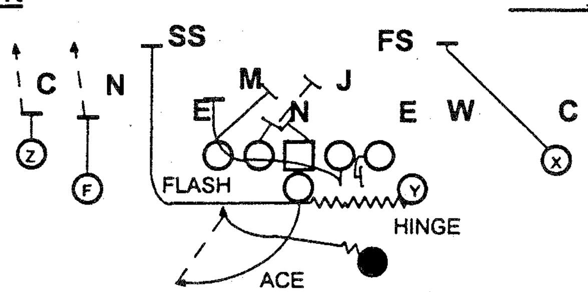
Left | Right

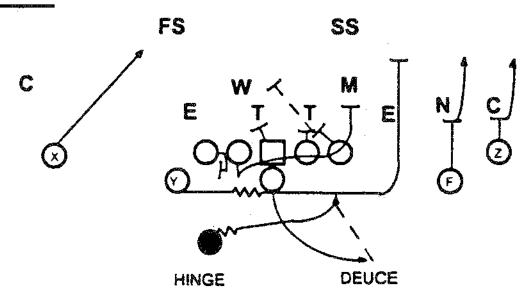




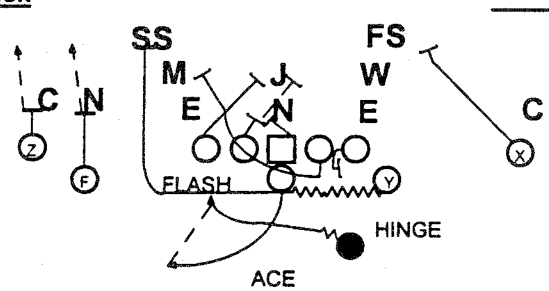
33 WK — TWINS (FLY) — **42 Over**

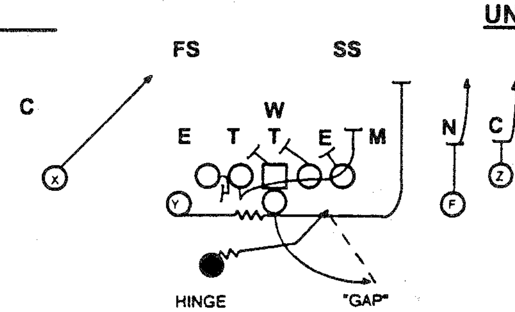
Left | Right





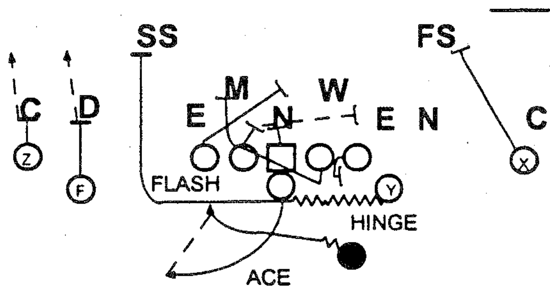
33 Stack — TWINS (FLY) — **UN 5 Down**

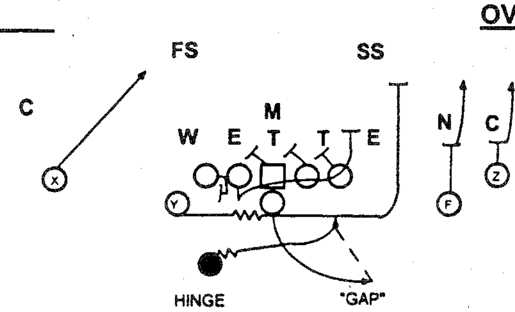




32 — TWINS (FLY) — **OV 5 Down**

Left | Right

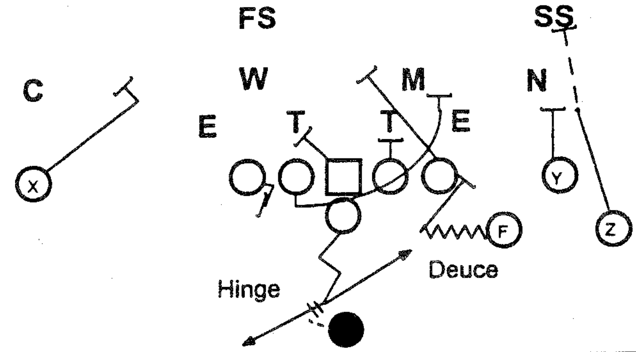




Play Number: DRIVE RT/LT | **Basic Blocking: COUNTER**

Formations:

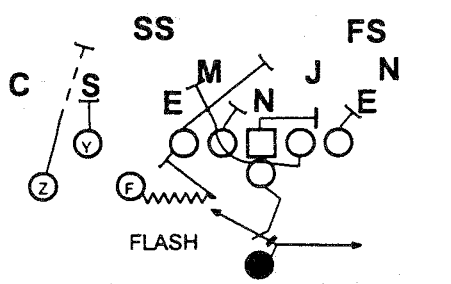
TRIPLE (ORBIT)
DOUBLE
DOUBLE Y OFF
(Y ORBIT)
DOUBLE (FLY)

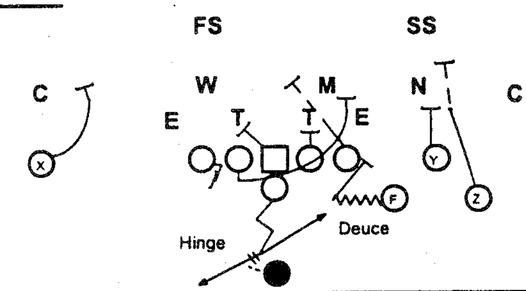


Ball Carrier:	Jump step. Aiming point, inside leg of OT.
F:	Block E.M.O.L. Backside – Cut off.
Y:	Onside – Triple - block man over to S/S, Double – Block E.M.O.L.
X:	Backside – Cut off
Z:	Onside – block first force
QB:	Open. Get ball deep to Back. Fake Boot.

33 STG | Triple (Orbit) | **42**

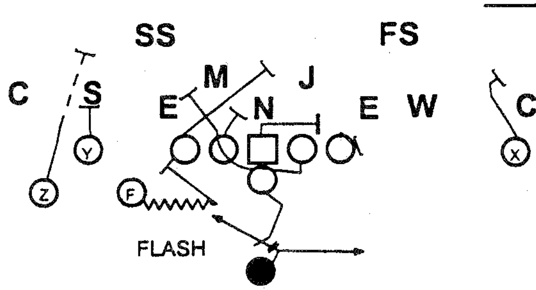
Left | Right

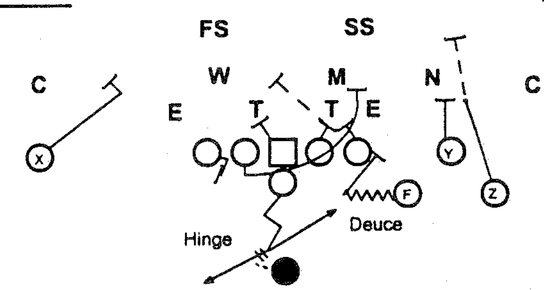




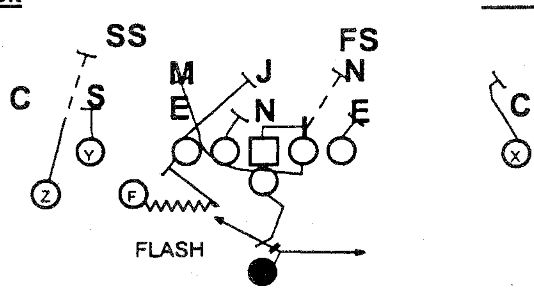
33 WK | Triple (Orbit) | **42 Over**

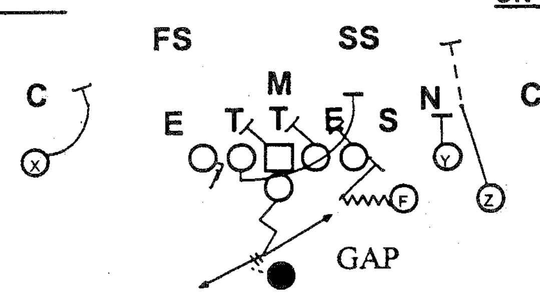
Left | Right





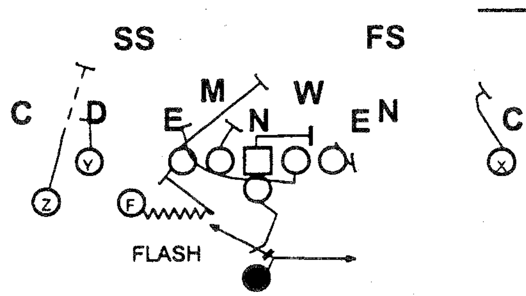
33 Stack | Triple (Orbit) | **UN 5 Down**

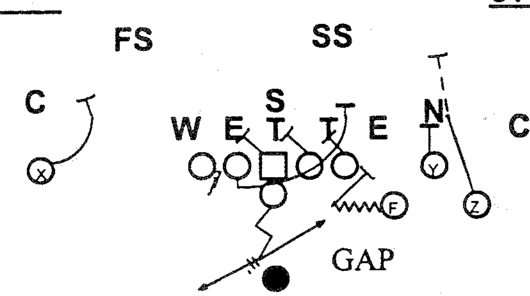




32 | Triple (Orbit) | **OV 5 Down**

Left | Right

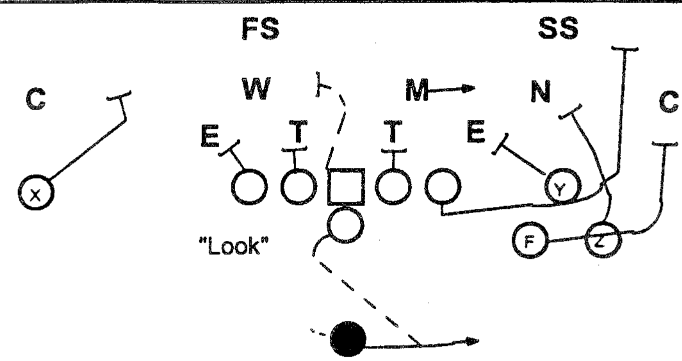




Play Number: TRUK RT/LT | **Basic Blocking: CRACK**

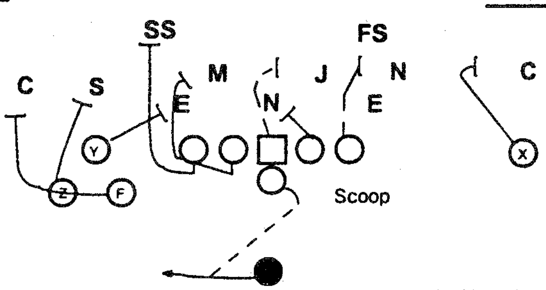
Formations:

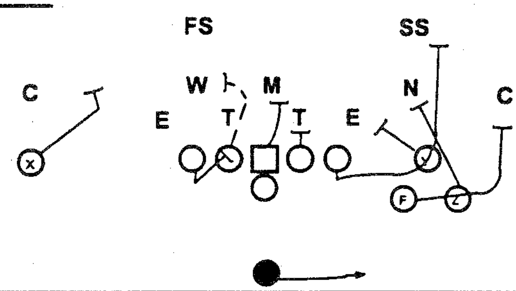
TRIPLE
TRIPLE (MOTION)
TRIPLE (ORBIT)



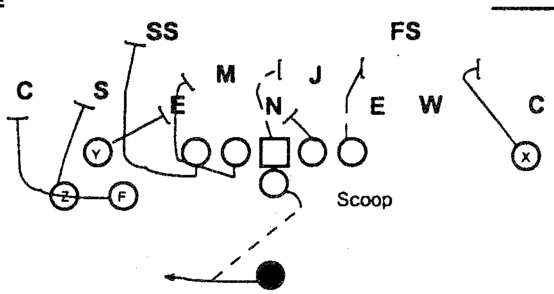
Ball Carrier:	Open angle step, speed to outside, runoff force block.
F:	Block force defencer
Y:	Down block first man on L.O.S.
X:	Backside – cut off.
Z:	Crack 2nd man on or off L.O.S. from head up to outside OT
QB:	Reverse out and toss ball to Back. Fake Boot.

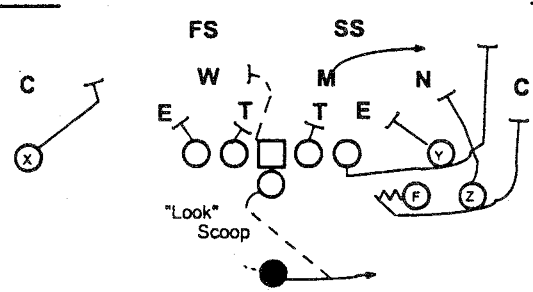
33 STG — Triple (Left | Right) — **42**



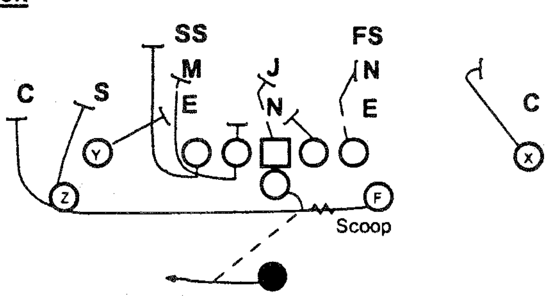


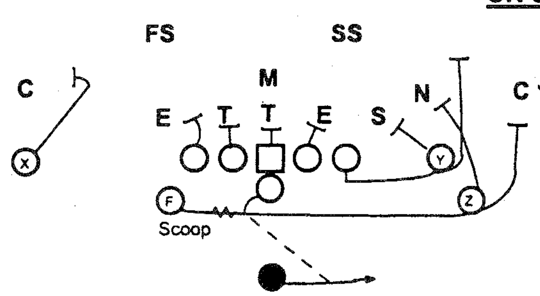
33 WK — Triple (Orbit) (Left | Right) — **42 Over**



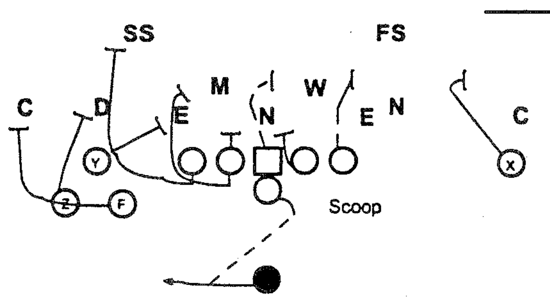


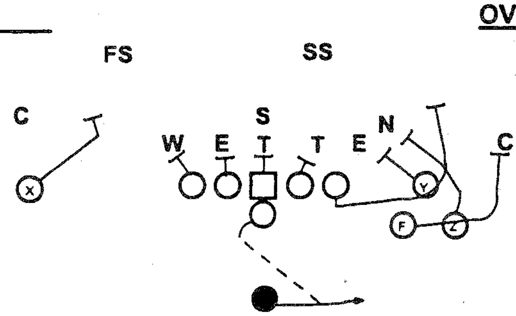
33 Stack — Triple (Motion) (Left | Right) — **UN 5 Down**





32 — Triple (Left | Right) — **OV 5 Down**

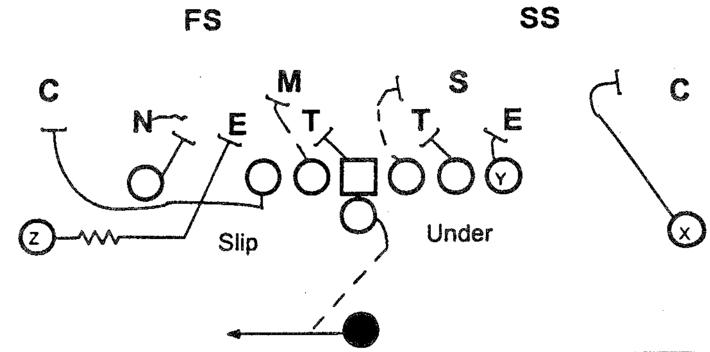




Play Number: TANK RT/LT **Basic Blocking: CRACK**

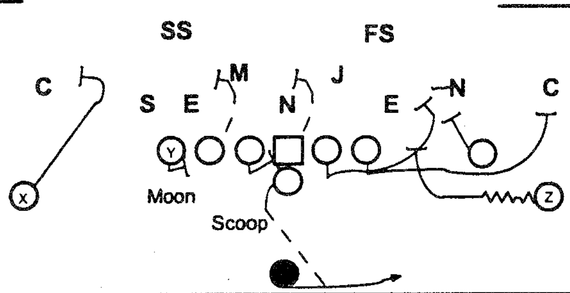
Formations:

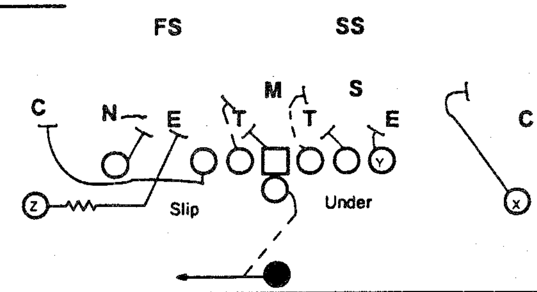
DOUBLE (FLO)
DOUBLE OPEN (FLO)
DUAL (SLIP)
DUAL OPEN (SLIP)



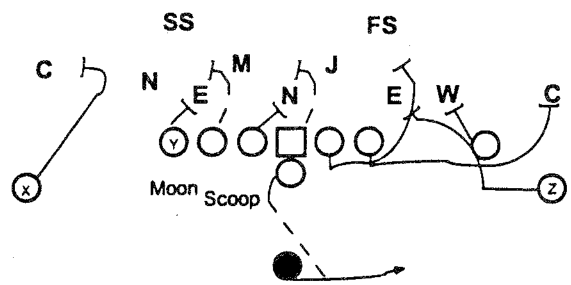
Ball Carrier:	Open & sprint to outside. Belly a half step and follow OT.
F:	Crack E.M.O.L.
Y:	Base cut off.
X:	Crack first inside defender off L.O.S.
Z:	Backside – Cut off.
QB:	Reverse out and toss ball to Back. Fake Boot.

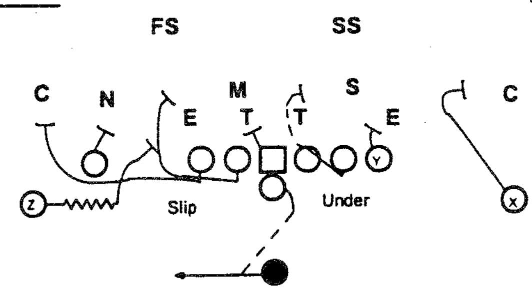
33 STG — DUAL (SLIP) — Left | Right — **42**



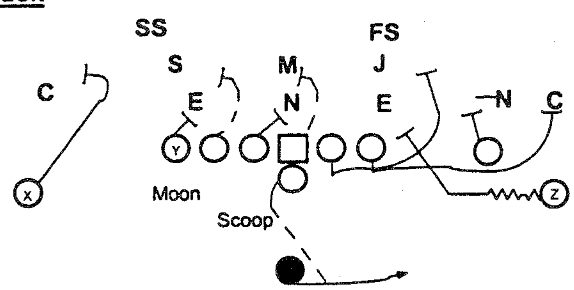


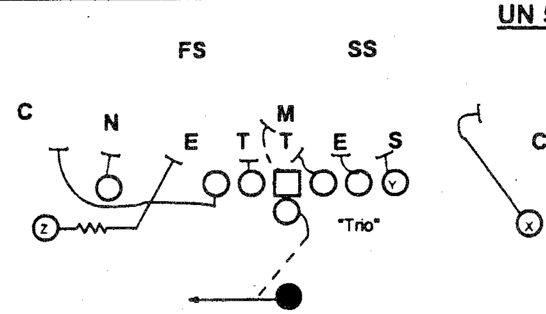
33 WK — DUAL (SLIP) — Left | Right — **42 Over**



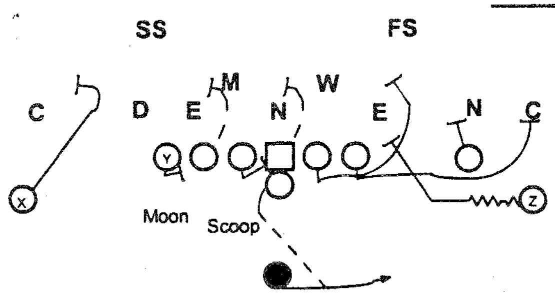


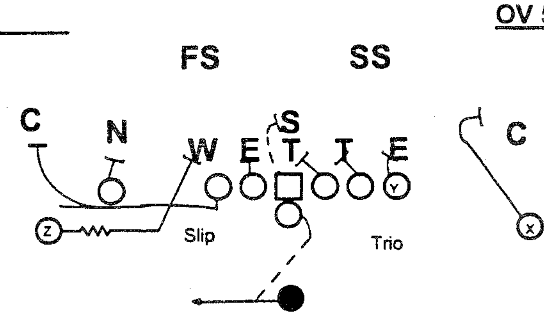
33 Stack — DUAL (SLIP) — **UN 5 Down**



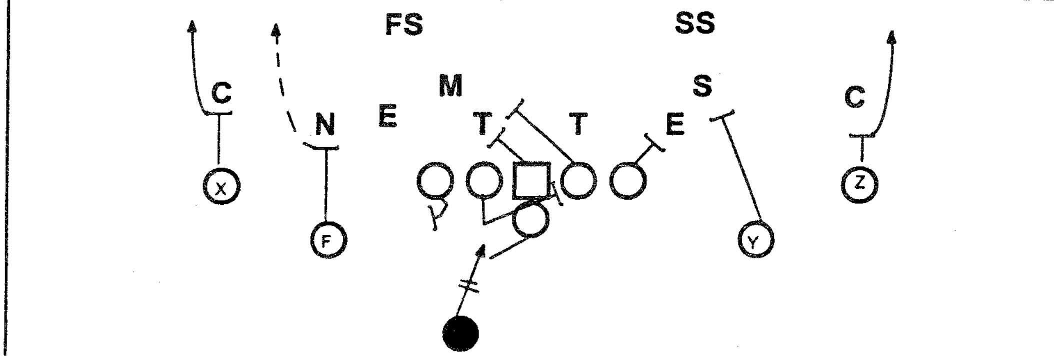


32 — DUAL (SLIP) — Left | Right — **OV 5 Down**





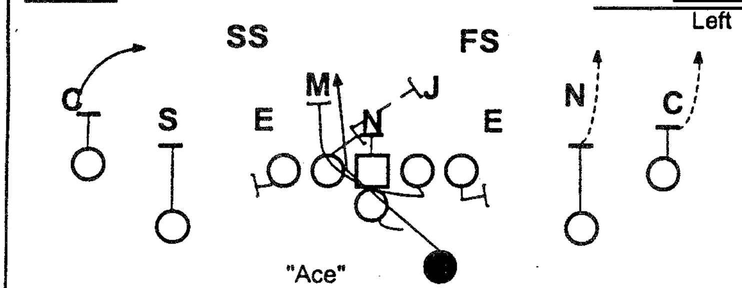
Play Number: TONY RT/LT　　　　Basic Blocking: TRAP

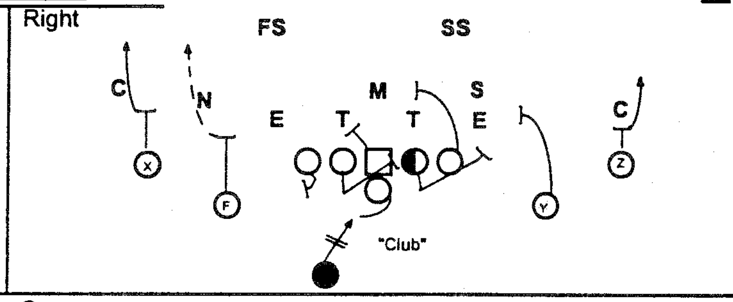
Formations:	
DOUBLE OPEN DOUBLE FLEX	

Ball Carrier:	Align at 5 ½ Yds. Landmark is backside hip of Center. Read trap block.
F:	Release – Block man over.
Y:	Block first LB type your side. If Tite, block #3.
X:	Release – Block man over.
Z:	Release Outside – Block deep 1/3.
QB:	Open backside, hand off. Alert 7 in.

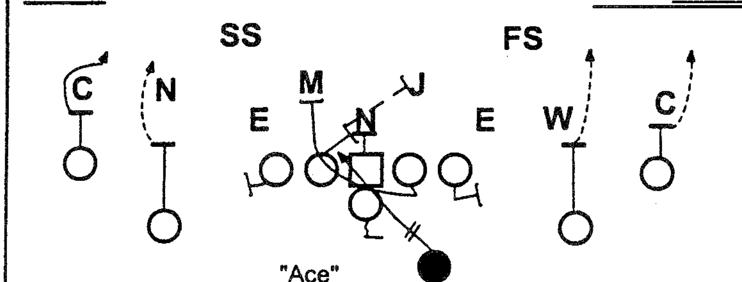
33 STG　　　　Double Open　　　　**42**

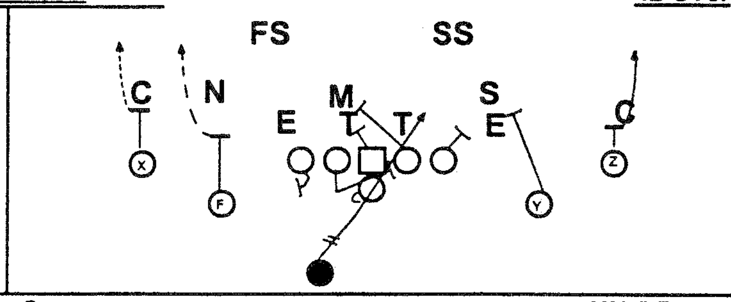
Left　　Right





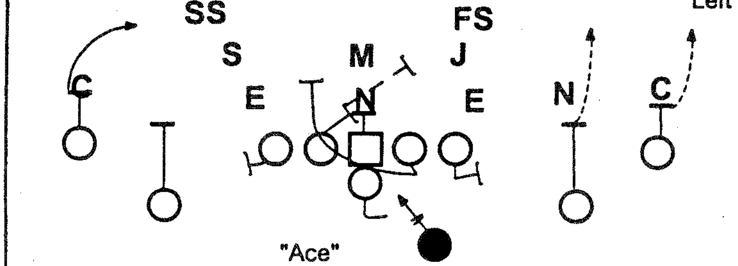
33 WK　　　　Double Open　　　　**42 Over**

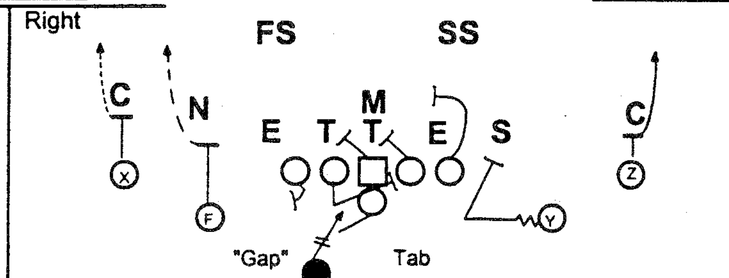




33 Stack　　　　Double Open　　　　**UN 5 Down**

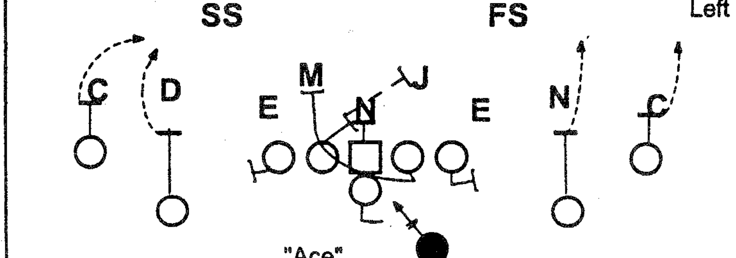
Left　　Right

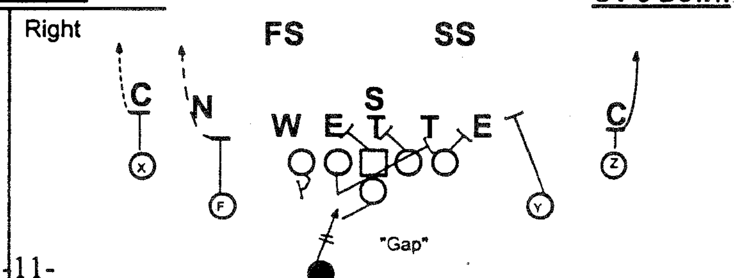




32　　　　Double Open　　　　**OV 5 Down**

Left　　Right





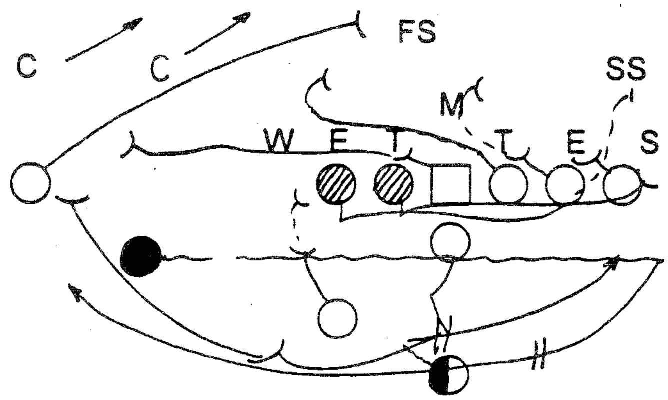
REVERSES

Play FAKE COUNTER OT RT Z REVERSE LT

Basic Blocking: Counter Reverse

Formations:

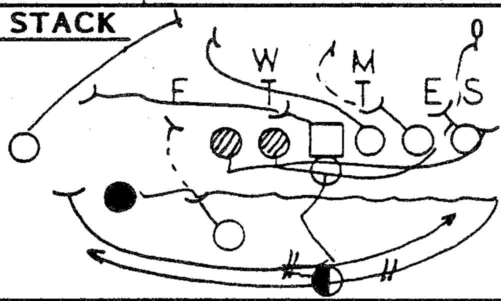
FAR ZOOM
FAR ZIP



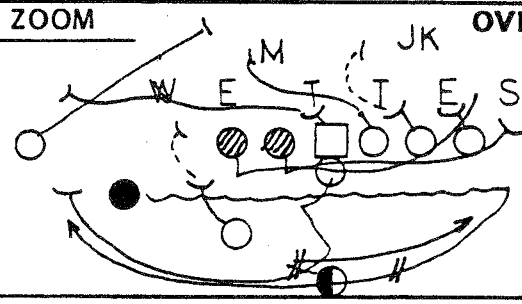
HB **Ball Carrier:**	Jump step, receive hand off and start Counter route. Hand ball to Z coming over top.
F **Back:**	Set up to cut off E.M.O.L., C.P.: Invite him inside.
Y:	Block Counter OT. C.P.: Tackle bubble block down except Bear, blockout.
X:	Block deep 1/2 or 1/3 Defender.
Z:	Ball carrier - Adjust to back and receive ball over top.

FAR RT ZOOM

40 STACK

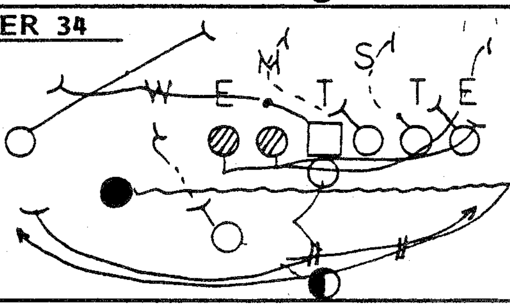


OVER WIDE JS

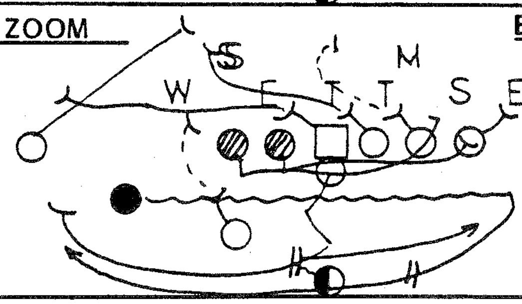


FAR RT ZOOM

OVER 34

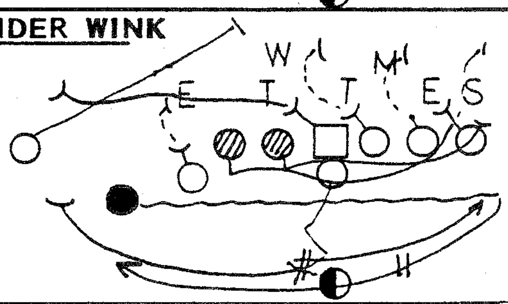


BIG BEAR

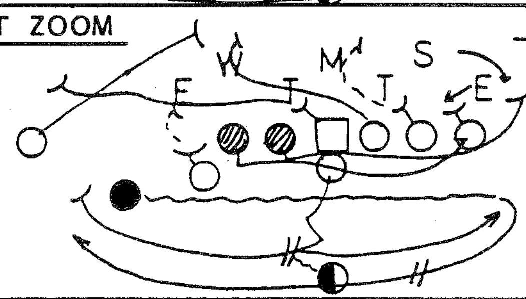


DEUCE RT ZOOM

UNDER WINK

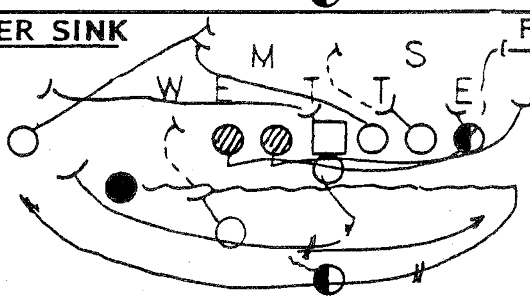


40 DINK

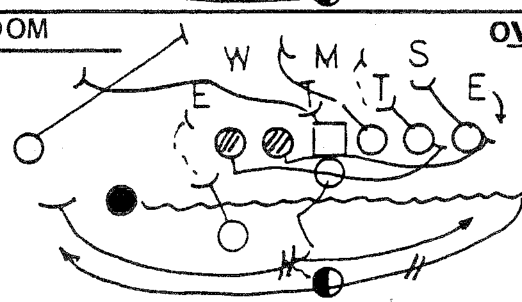


FAR RT ZOOM

OVER SINK



OVER DINK



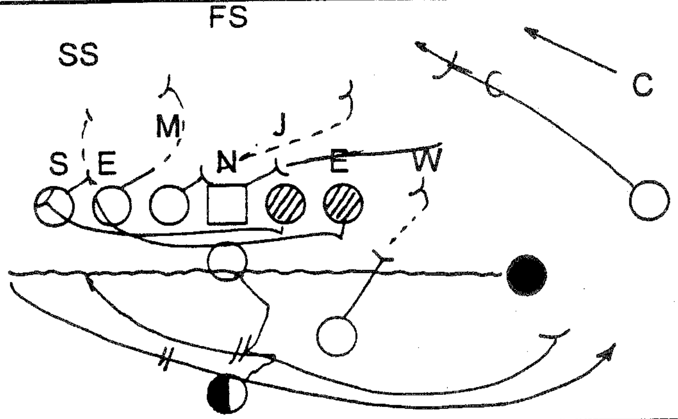
Play FAKE COUNTER OT LT Z REVERSE RT

Basic Blocking: Counter Reverse

QB Check Off:

Into:

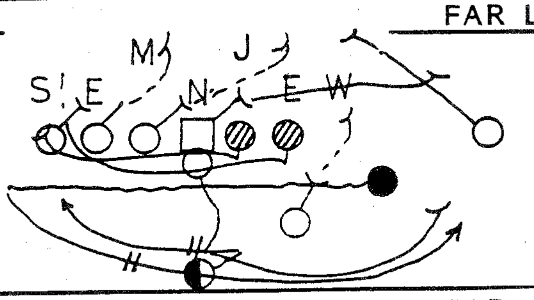
Out Of:



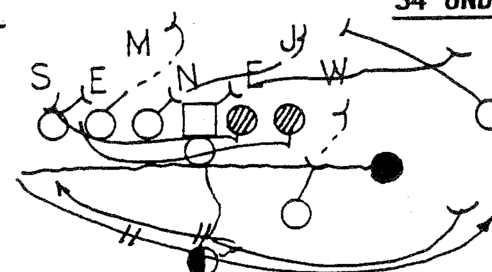
QB Action and Alerts:

OPEN WEAK. OVER THE TOP BALL HANDLING. LEAD BLOCK FOR REVERSE.

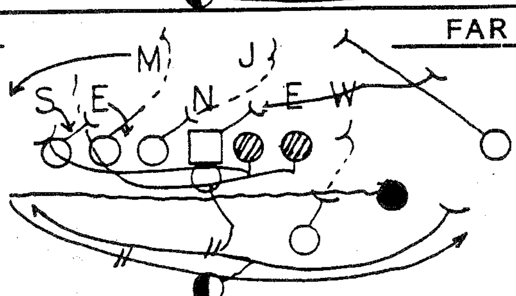
34 FAR LT ZOOM



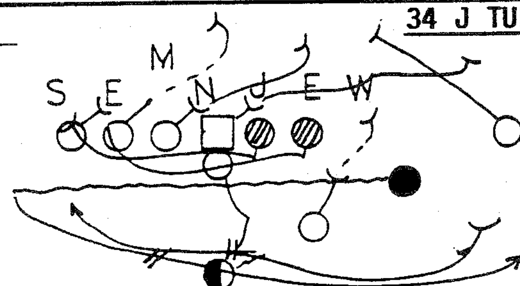
34 UNDER



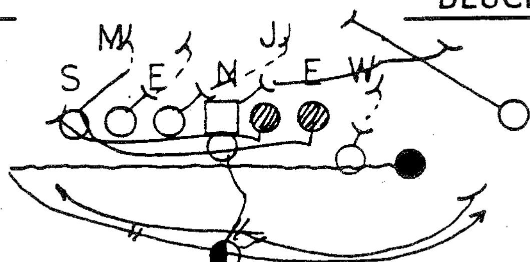
34 FAR LT ZOOM



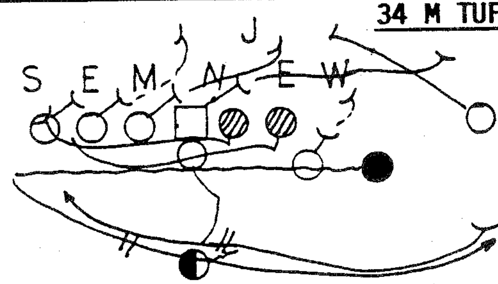
34 J TUFF



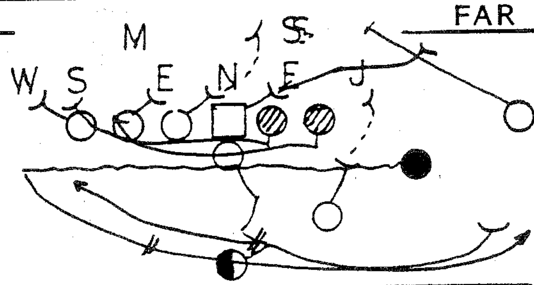
34 SINK DEUCE LT ZOOM



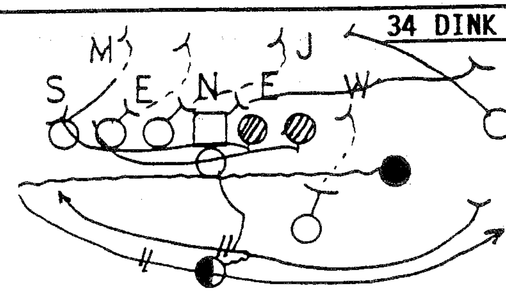
34 M TUFF



34 BEAR FAR LT ZOOM



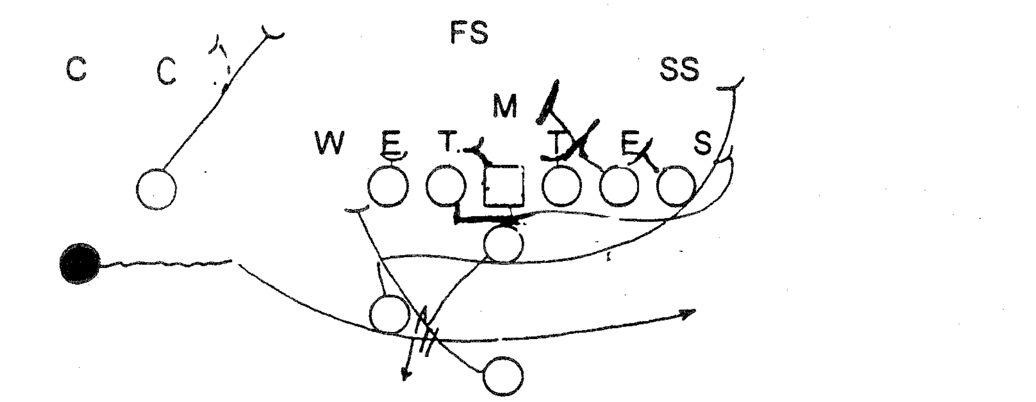
34 DINK



Play FAKE SLANT (LT) Z BEHIND RT **Basic Blocking:** SLANT Reverse

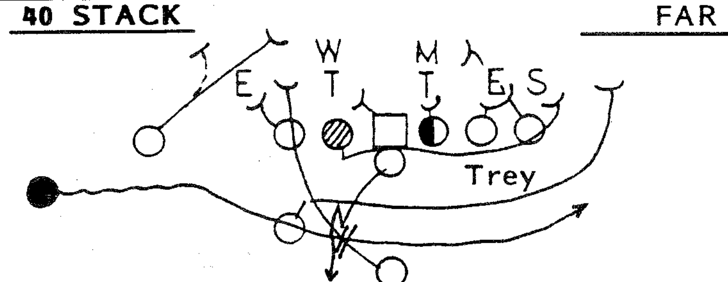
Formations:

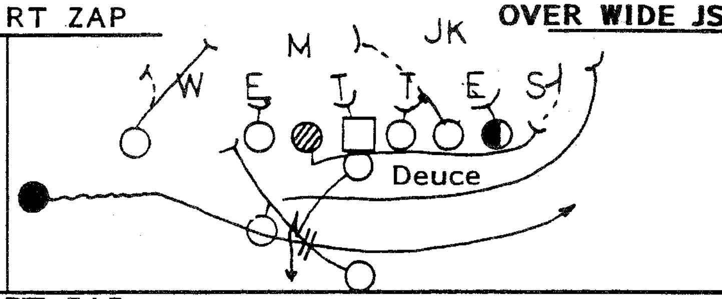
I SLOT
FAR SLOT
FAR SLOT ZOOM



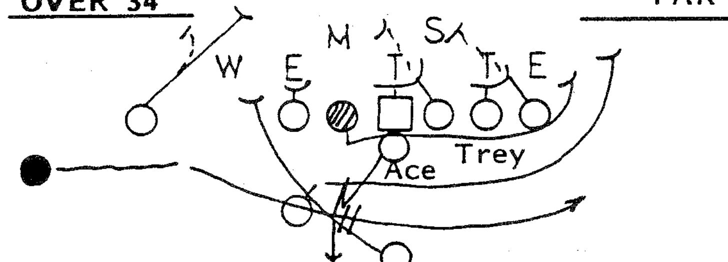
HB	Fake Slant. block Will.
F Back:	Step up, follow G/C and block force. C.P.: Block Mike versus Bear.
Y:	Block down, possible Trey. Alert DE pinch vs. Sink.
X:	Backside - CUT OFF
Ball Carrier	Ball carrier - Zip, take ball over the top, follow FB.

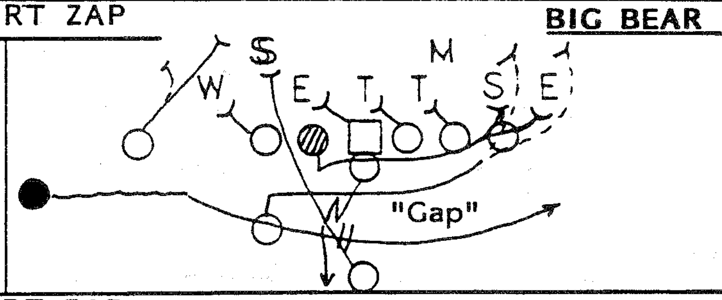
40 STACK FAR RT ZAP **OVER WIDE JS**



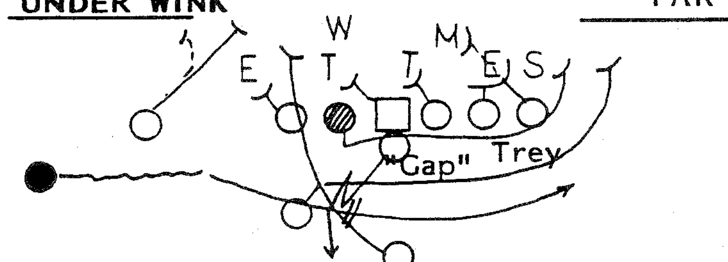


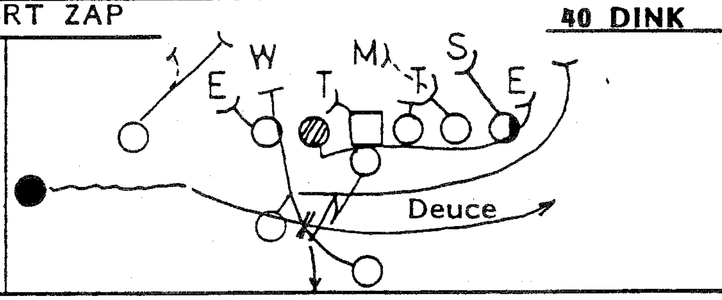
OVER 34 FAR RT ZAP **BIG BEAR**



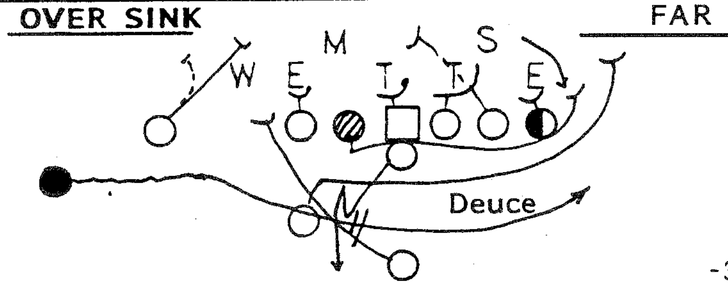


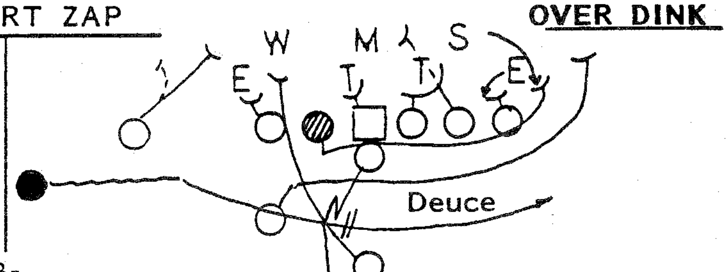
UNDER WINK FAR RT ZAP **40 DINK**





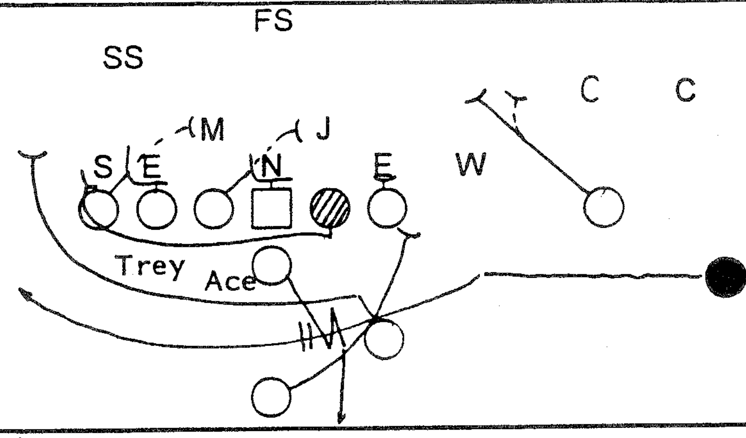
OVER SINK FAR RT ZAP **OVER DINK**





Play FAKE SLANT RT Z BEHIND LT

Basic Blocking: SLANT Reverse



QB Check Off:

Into:

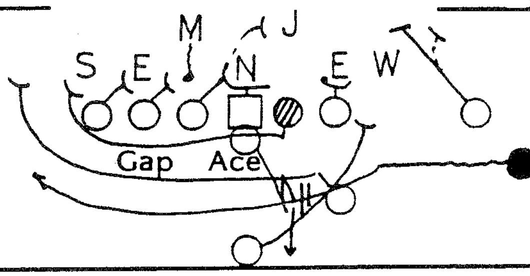
Out Of:

QB Action and Alerts:

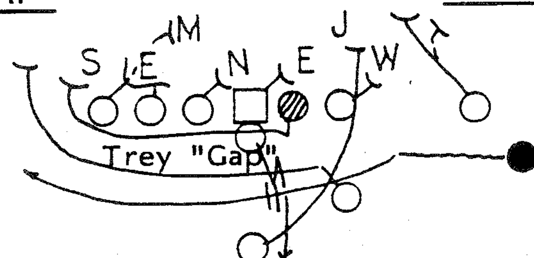
OPEN WEAK, FAKE SLANT. HAND BALL OVER THE TOP TO Z. SET UP.

FAR LT ZAP

34

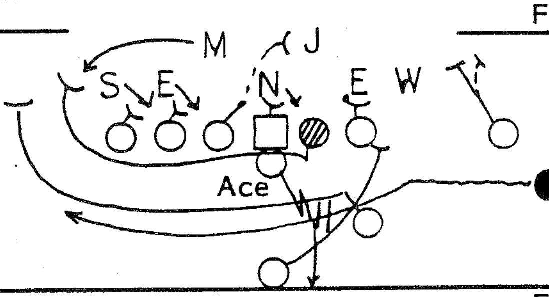


34 UNDER

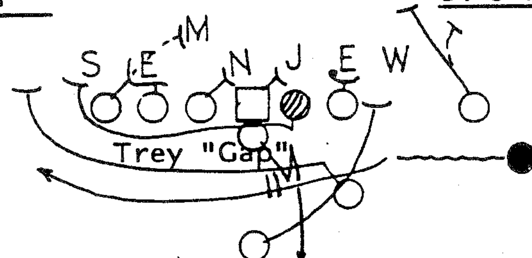


FAR LT ZAP

34

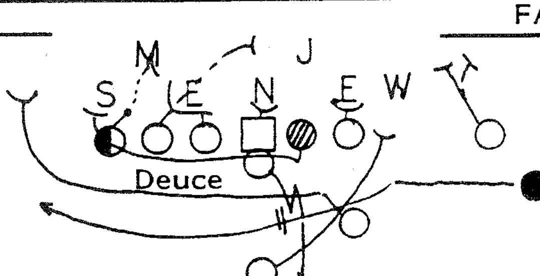


34 J TUFF

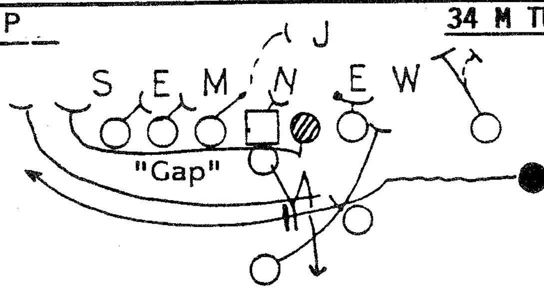


FAR LT ZAP

34 SINK

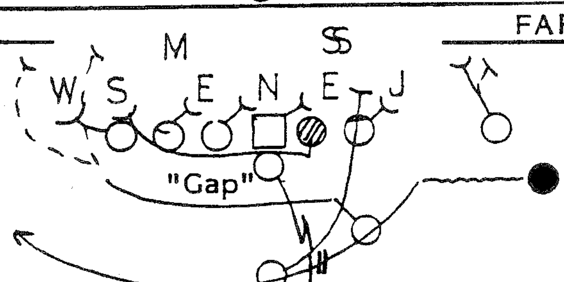


34 M TUFF

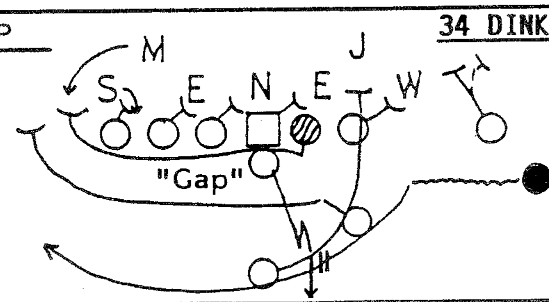


FAR LT ZAP

34 BEAR



34 DINK

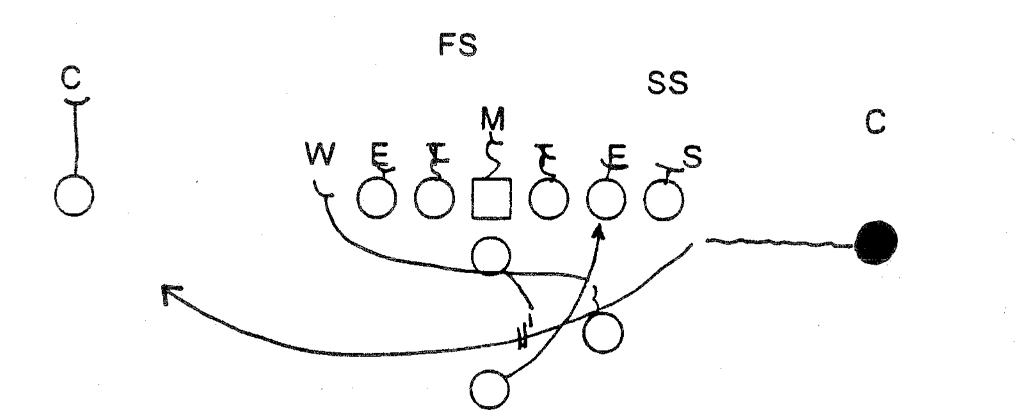


Play FAKE BELLY RT Z BEHIND LT

Basic Blocking: BELLY REVERSE

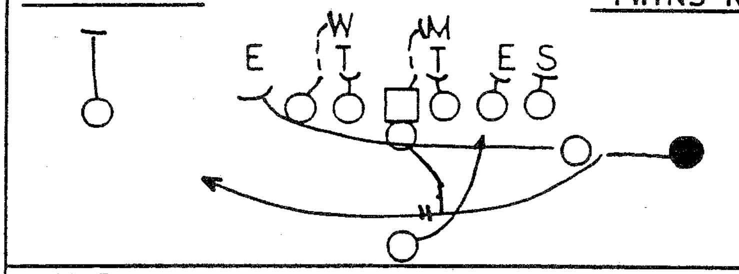
Formations:

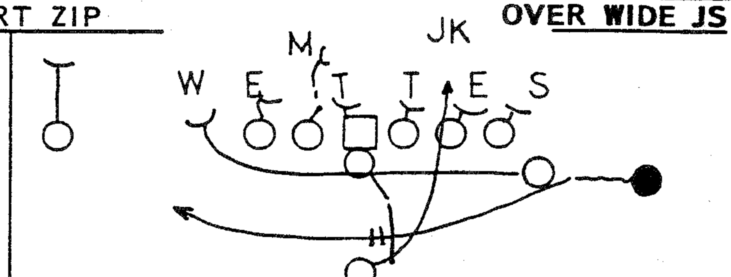
NEAR ZIP
TWINS ZIP
NEAR OFF
TRIPLE



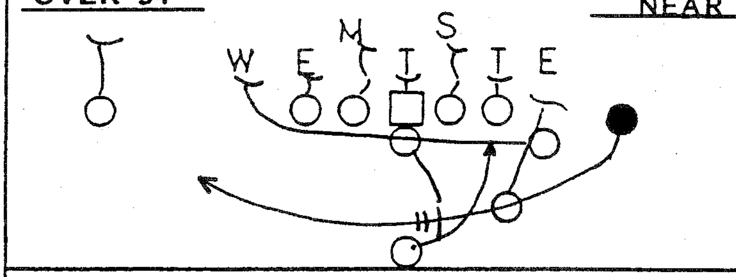
HB	Fake Belly. Alert, SS Up, Bear.
Back /F/Y	Step up and block EMOL. Possible 2nd level if EMOL disapears.
Y:	Drive - Alert "Out" - Possible Puller.
X:	Playside - Block 1st Force.
Ball Carrier:	Zip, take ball over the top, follow FB.

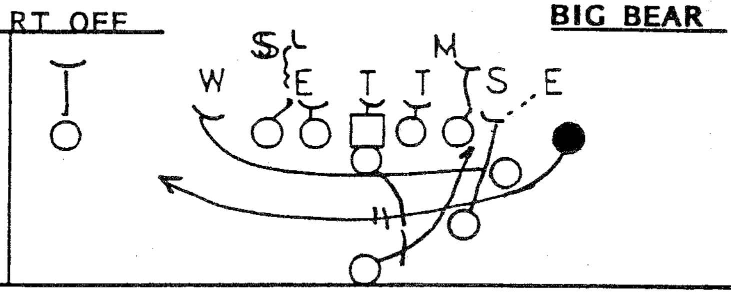
40 STACK — TWINS RT ZIP — **OVER WIDE JS**



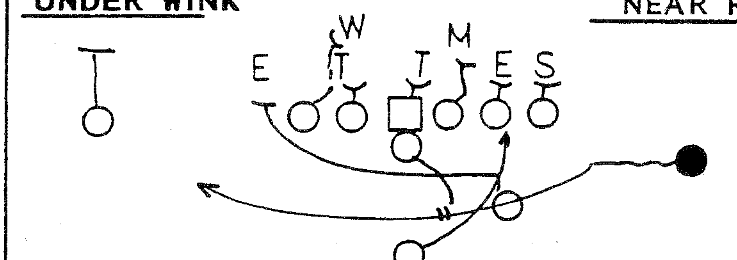


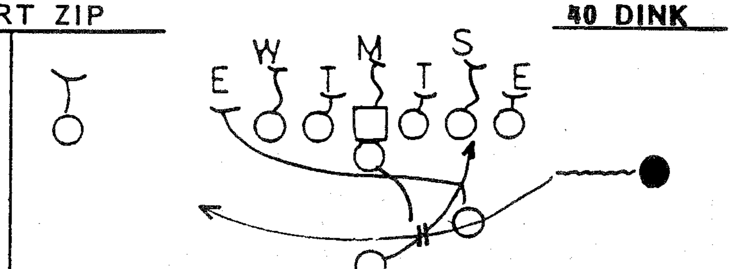
OVER 34 — NEAR RT OFF — **BIG BEAR**



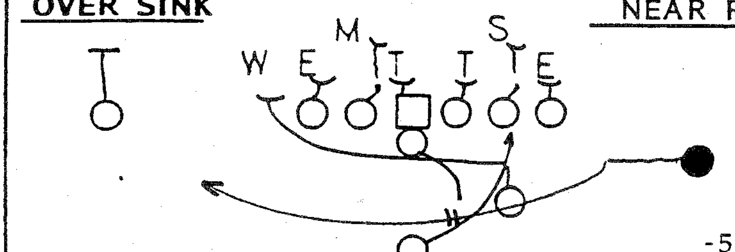


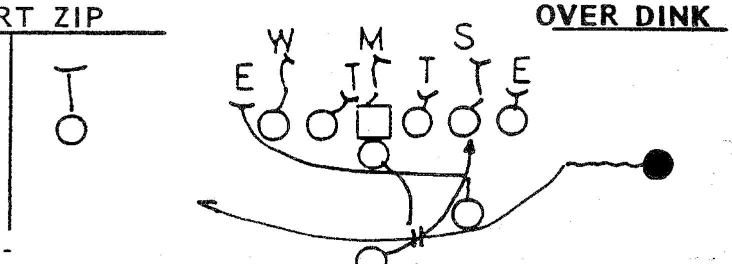
UNDER WINK — NEAR RT ZIP — **40 DINK**



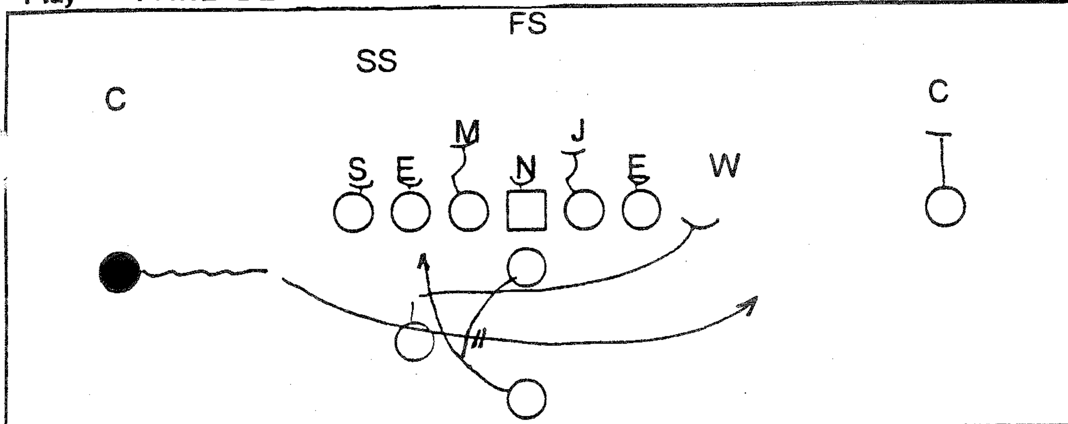


OVER SINK — NEAR RT ZIP — **OVER DINK**





Play FAKE BELLY LT Z BEHIND RT



Basic Blocking:

QB Check Off:

Into:

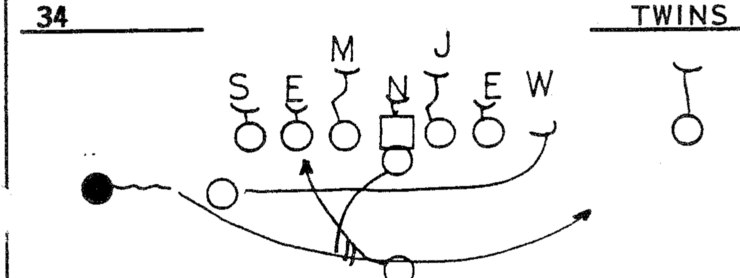
Out Of:

QB Action and Alerts:

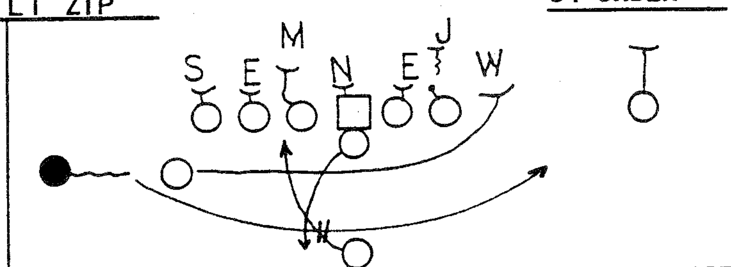
OPEN STRONG, FAKE BELLY. HAND THE BALL OVER THE TOP TO Z, SET UP.

TWINS LT ZIP

34

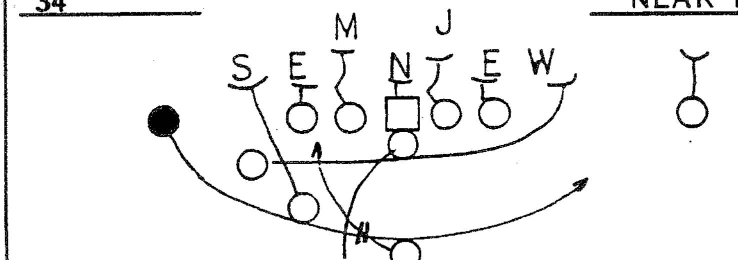


34 UNDER

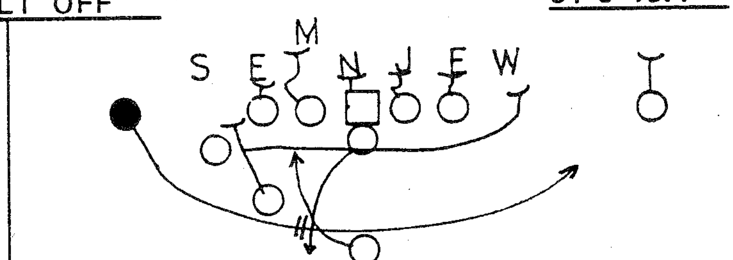


NEAR LT OFF

34

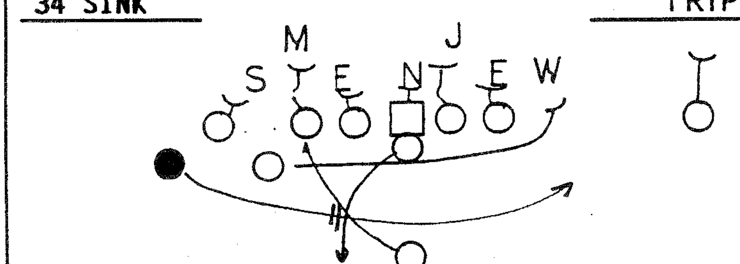


34 J TUFF

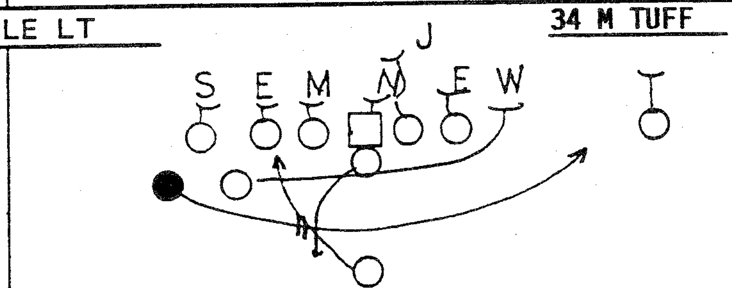


TRIPLE LT

34 SINK

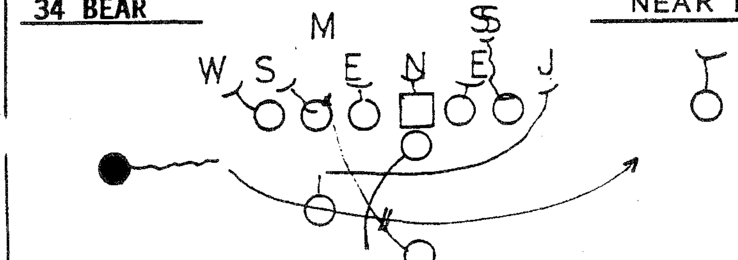


34 M TUFF

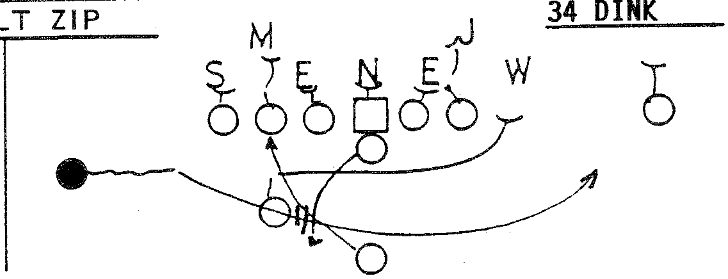


NEAR LT ZIP

34 BEAR



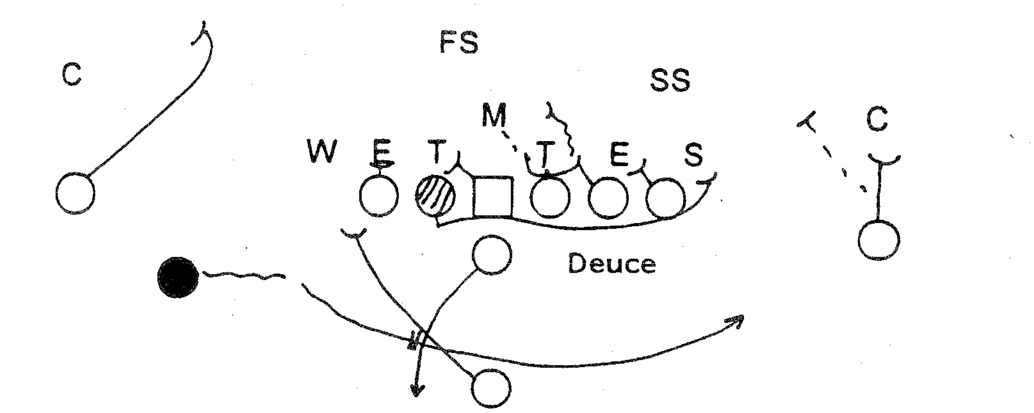
34 DINK



Play FAKE GUT LT Z BEHIND RT

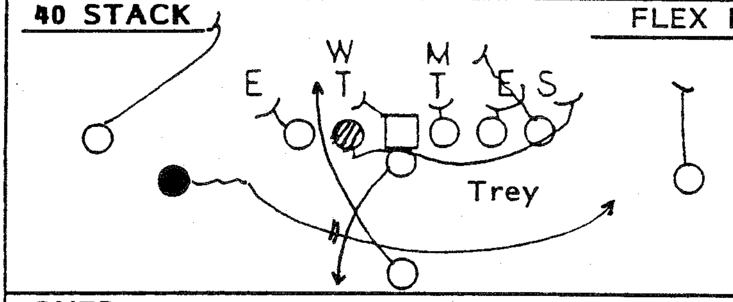
Basic Blocking: GUT REVERSE

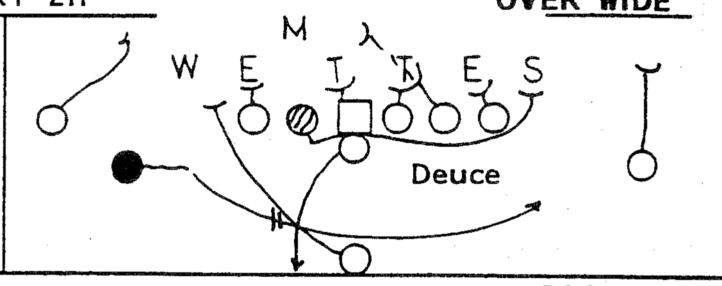
Formations:
FLEX
FLOAT



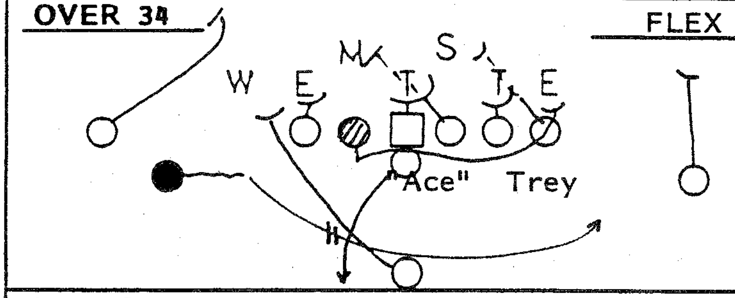
HB	Fake Gut, Block Will.
Back:	Playside - Block 1st Force.
Y:	Down block, possible Trey, Alert DE Pinch vs. Sink.
X:	Backside - Cut off.
Ball Carrier:	Zip, take ball over the top.

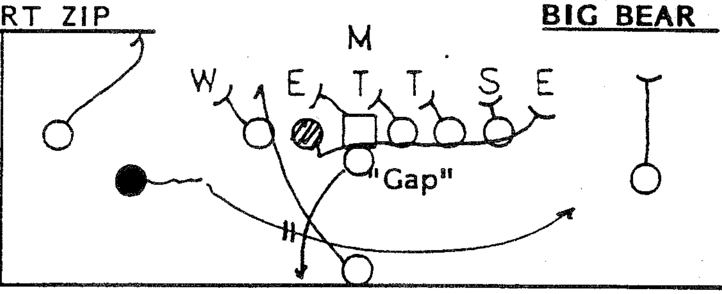
40 STACK — FLEX RT ZIP — **OVER WIDE**



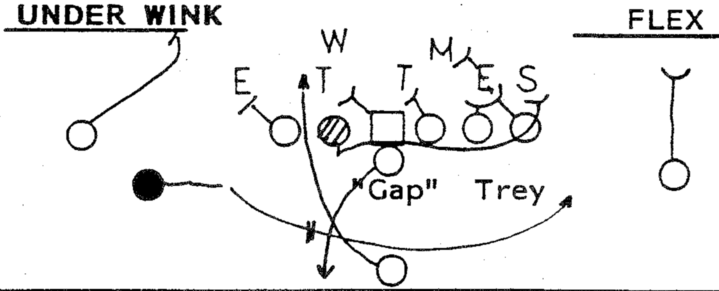


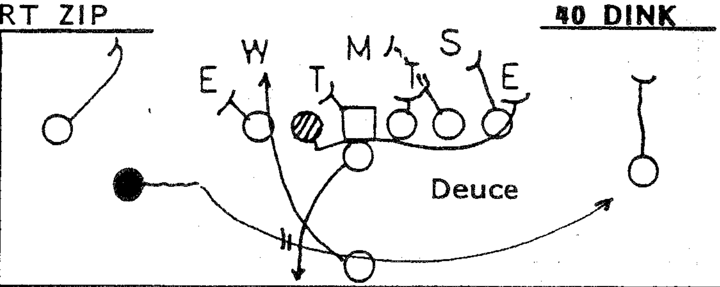
OVER 34 — FLEX RT ZIP — **BIG BEAR**



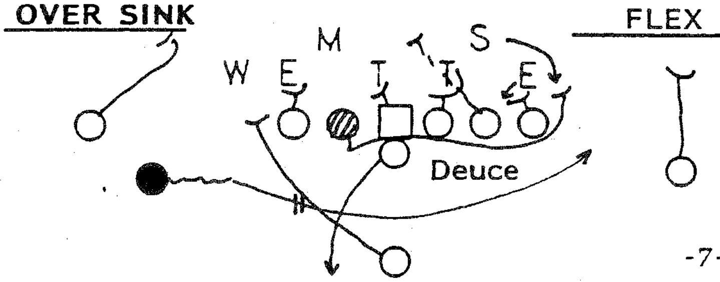


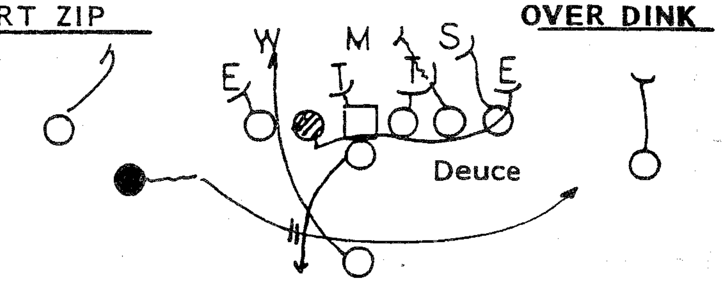
UNDER WINK — FLEX RT ZIP — **40 DINK**





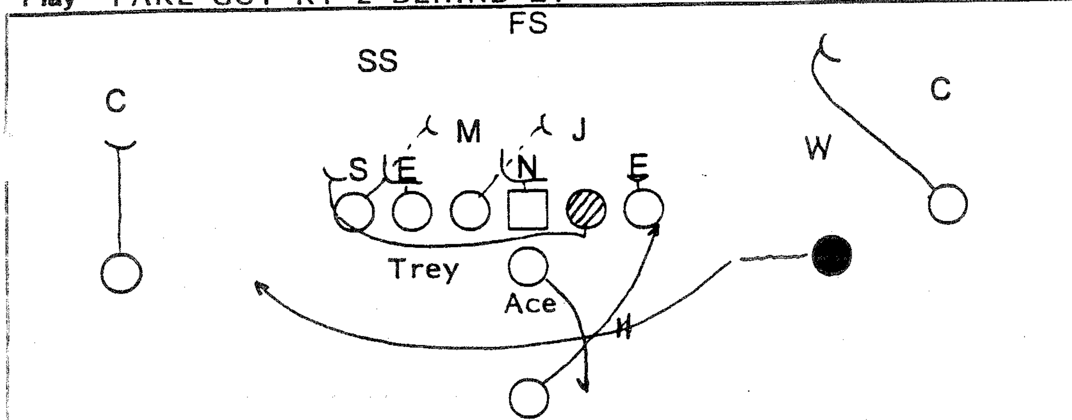
OVER SINK — FLEX RT ZIP — **OVER DINK**





Play FAKE GUT RT Z BEHIND LT

Basic Blocking: GUT REVERSE



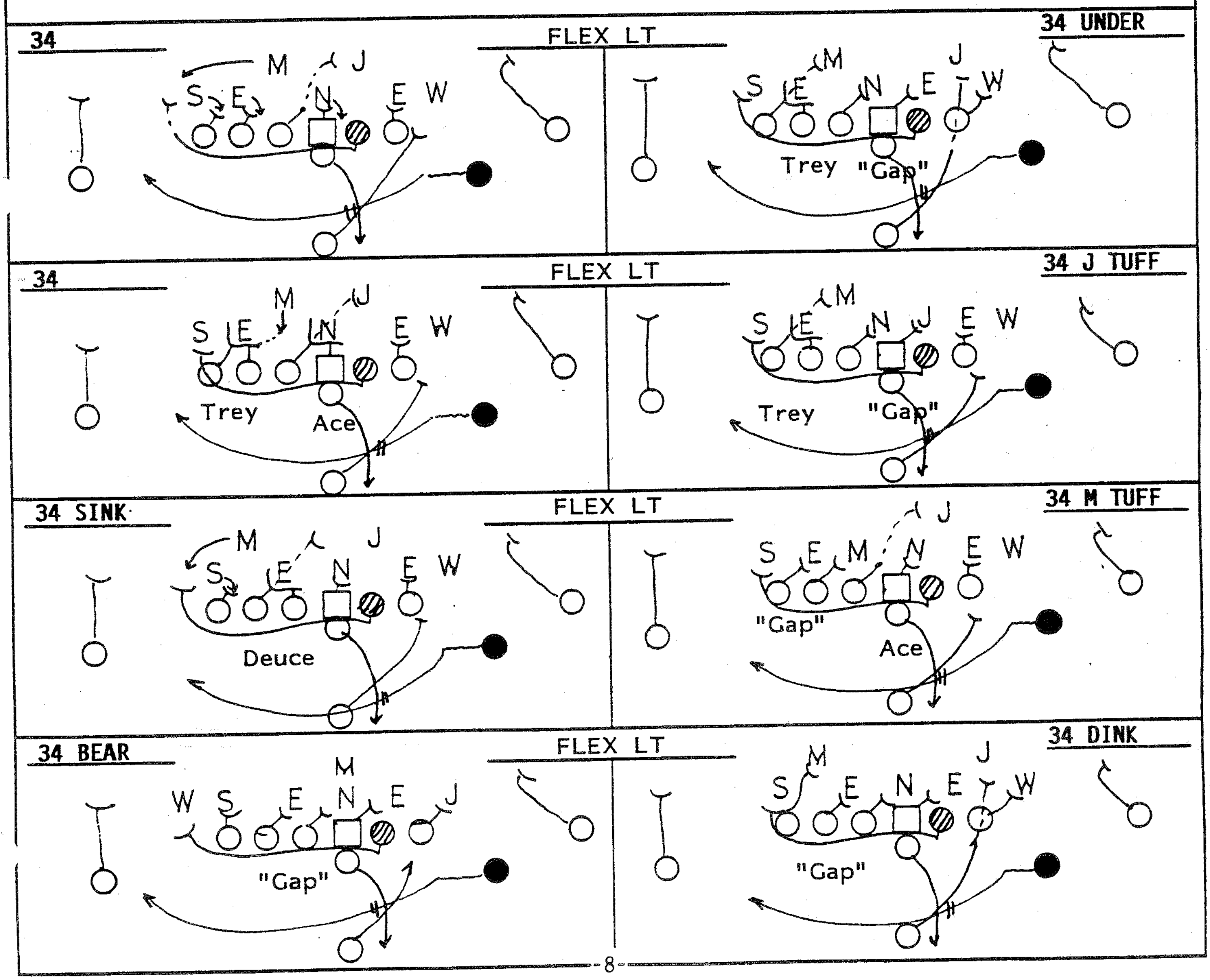
QB Check Off:

Into:

Out Of:

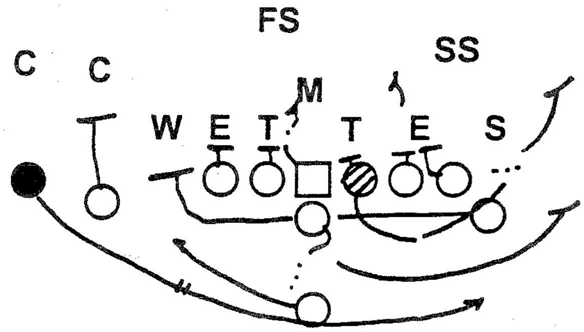
QB Action and Alerts:

OPEN WEAK, FAKE GUT. HAND THE BALL OVER THE TOP TO Z. SET UP.



Play Number: Fake Pitch RT/LT Reverse RT/LT **Basic Blocking:** Stretch Reverse

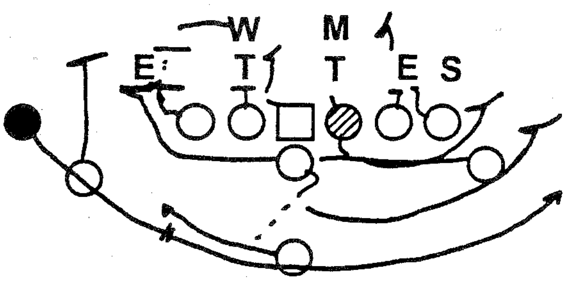
Formations:
Tex Motion

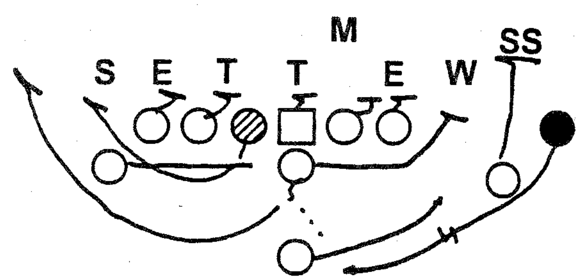


HB **Ball Carrier:**	Take toss, have depth, hand off to X
F **Back:**	Block #3 like stretch on run
Y:	Block inside; Tackle bubble influence block 7, block Sam, OR Trey to Mike.
X:	Ball Carrier on outside edge of numbers.
Z:	Block MDM
QB	Toss action, then peel to help on force. .

40 STACK — PITCH X REV RT — TEX MOTION — PITCH X REV LT — **OVER WIDE JS**

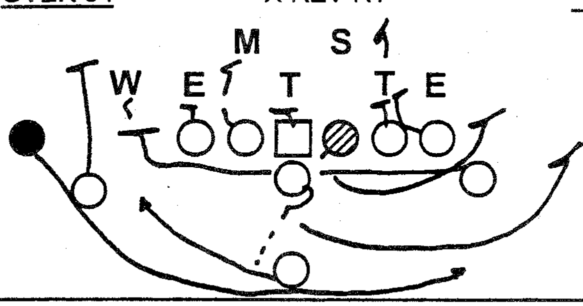
LT | RT

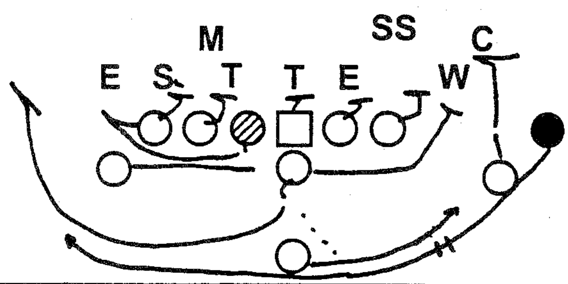




OVER 34 — X REV RT — TEX MOTION — X REV LT — **BIG BEAR**

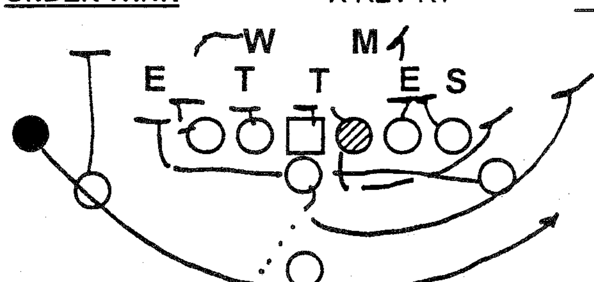
LT | RT

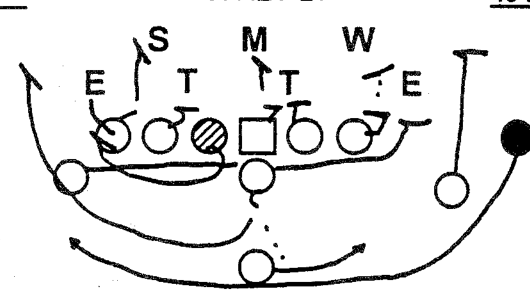




UNDER WINK — X REV RT — TEX MOTION — X REV LT — **40 DINK**

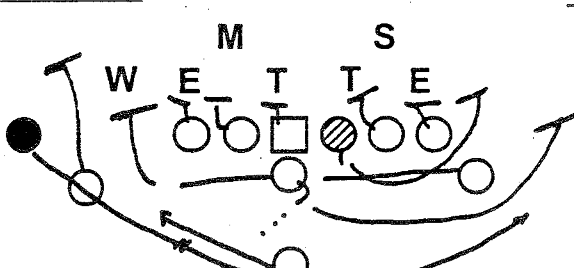
LT | RT

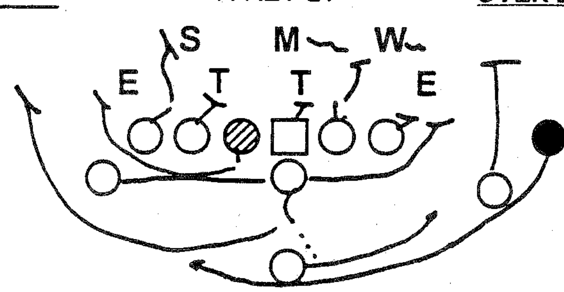




OVER SINK — X REV RT — TEX MOTION — X REV LT — **OVER DINK**

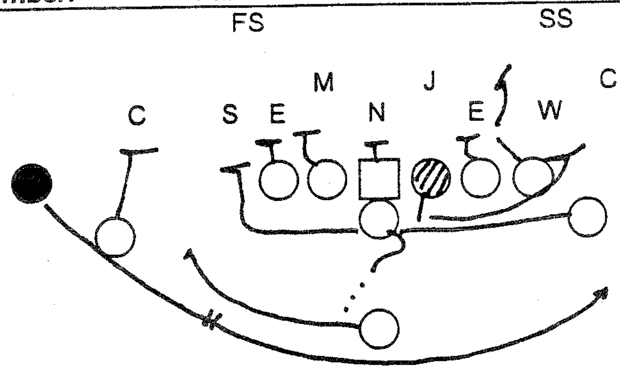
LT | RT





Play Number: Fake Pitch RT/LT Reverse RT/LT

Basic Blocking:



QB Check Off:

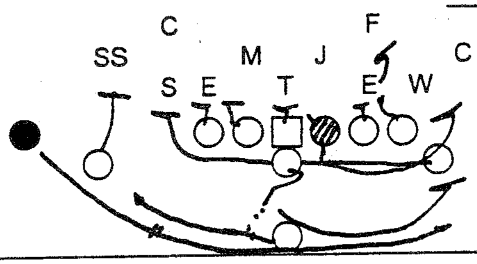
Into:

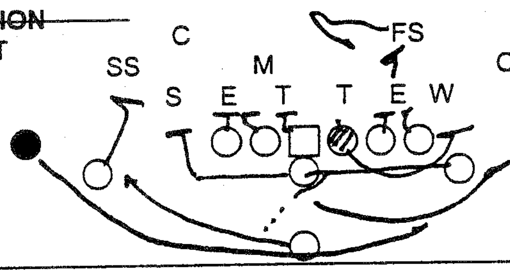
Out Of:

QB Action and Alerts:

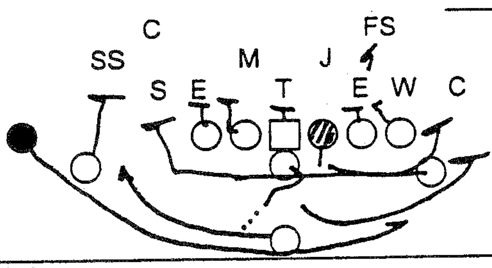
OPEN AWAY AND DELIVER PITCH, GIVE GROUND AND LEAD PLAY.

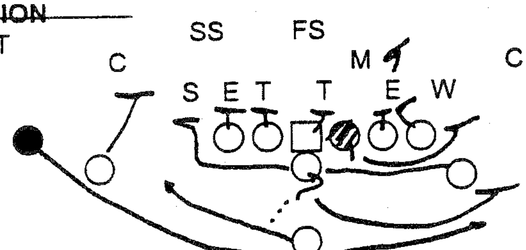
3-4 — TEX MOTION — LT | LT — **Under**



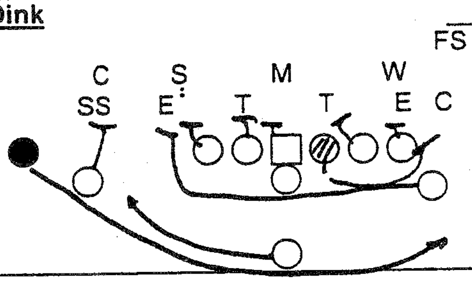


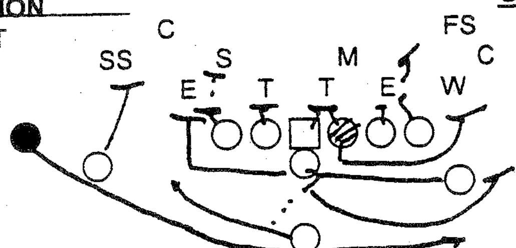
3-4 — TEX MOTION — LT | LT — **Over**



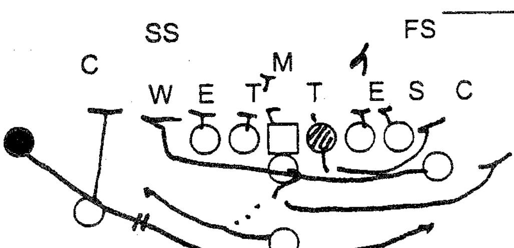


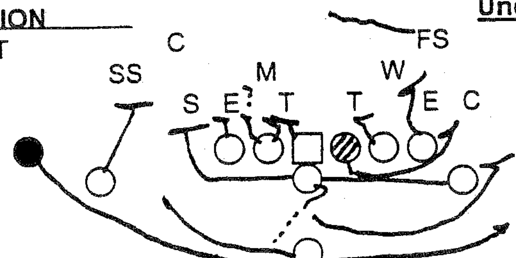
40 Dink — TEX MOTION — LT | LT — **Over Sink**





40 — TEX MOTION — LT | LT — **Under Wink**





PASS OFFENSE MECHANICS

1. Almost all passes in this system will be called in the following sequence:

   1.1 Formations
   1.2 Protections
   1.3 3 Digit Patterns
   1.4 F
   1.5 H

2. We will use names to call our protections, numbers to tell the receivers which routes to run, and words to indicate which patterns our back will run.

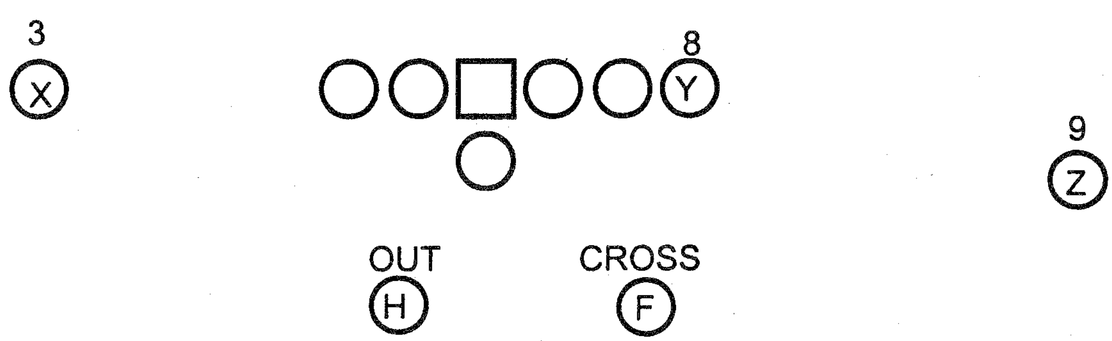
2.1	Formations	Split Rt
2.2	Protections	Scat Rt
2.3	3 Digit Patterns	389
2.4	F	F Cross
2.5	H	Out

3. Pass patterns are always called from the single receiver side to the two receiver side.

4. Since we always call formation strength to the TE (Y), it is imperative that you know what number you run in the various formations.

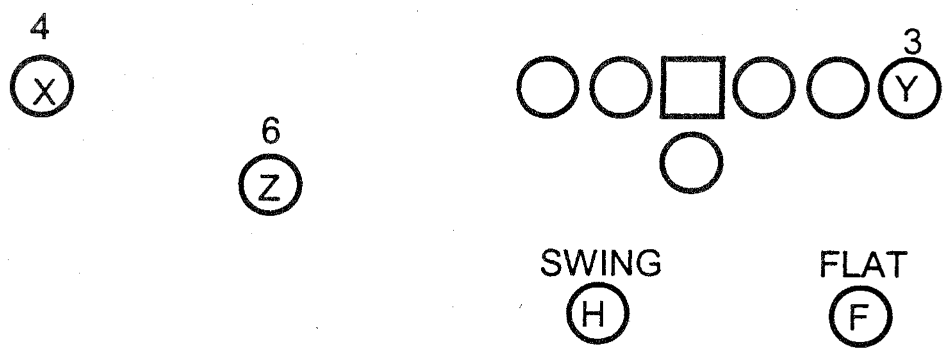
5. In all normal formations, X will run the first number, Y the second number and Z the third number.

Example: Split Rt Scat Rt 389 F-Cross/Out



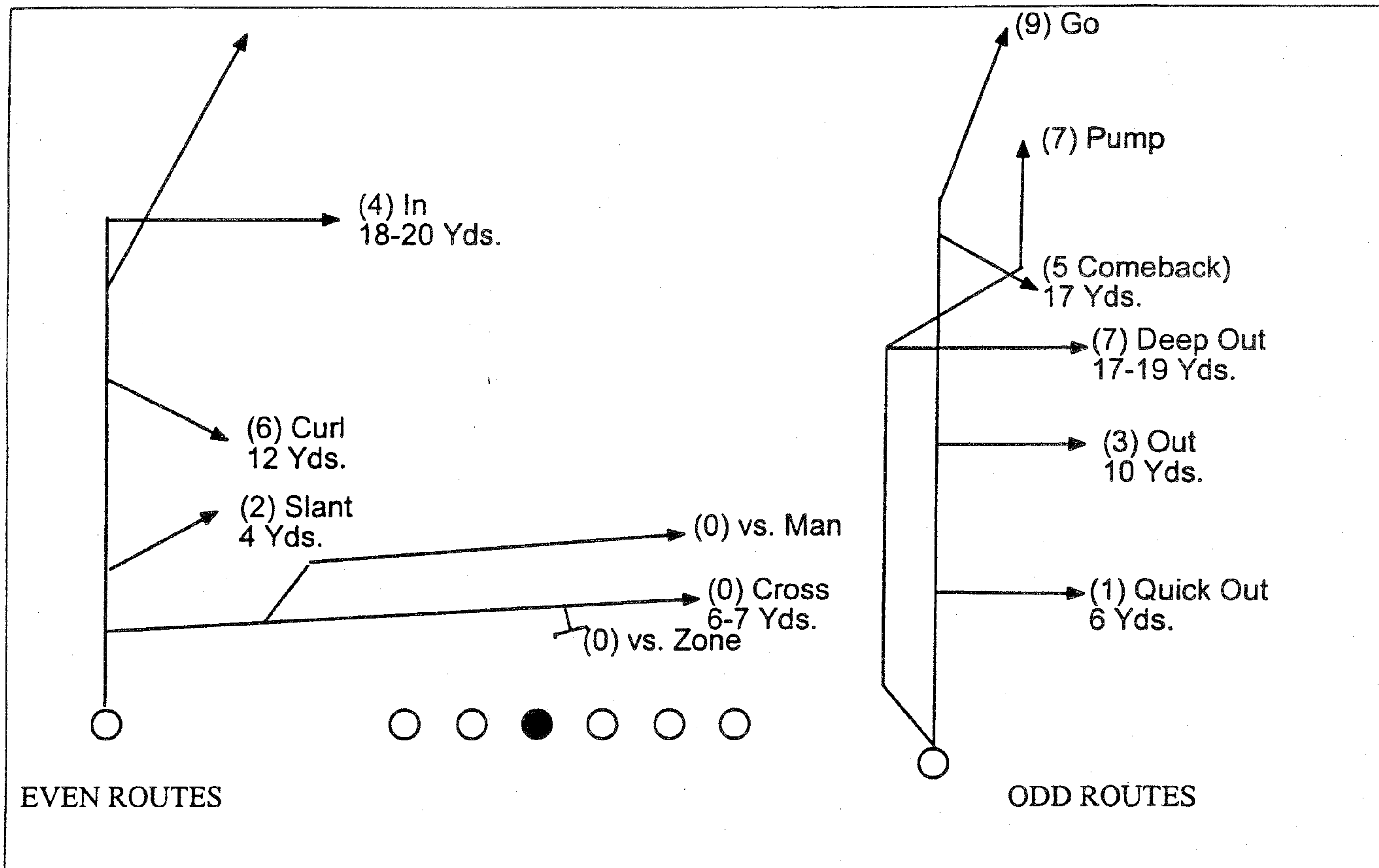
6. In Slot formations, Y runs the first number, Z runs the second number and X the third number.

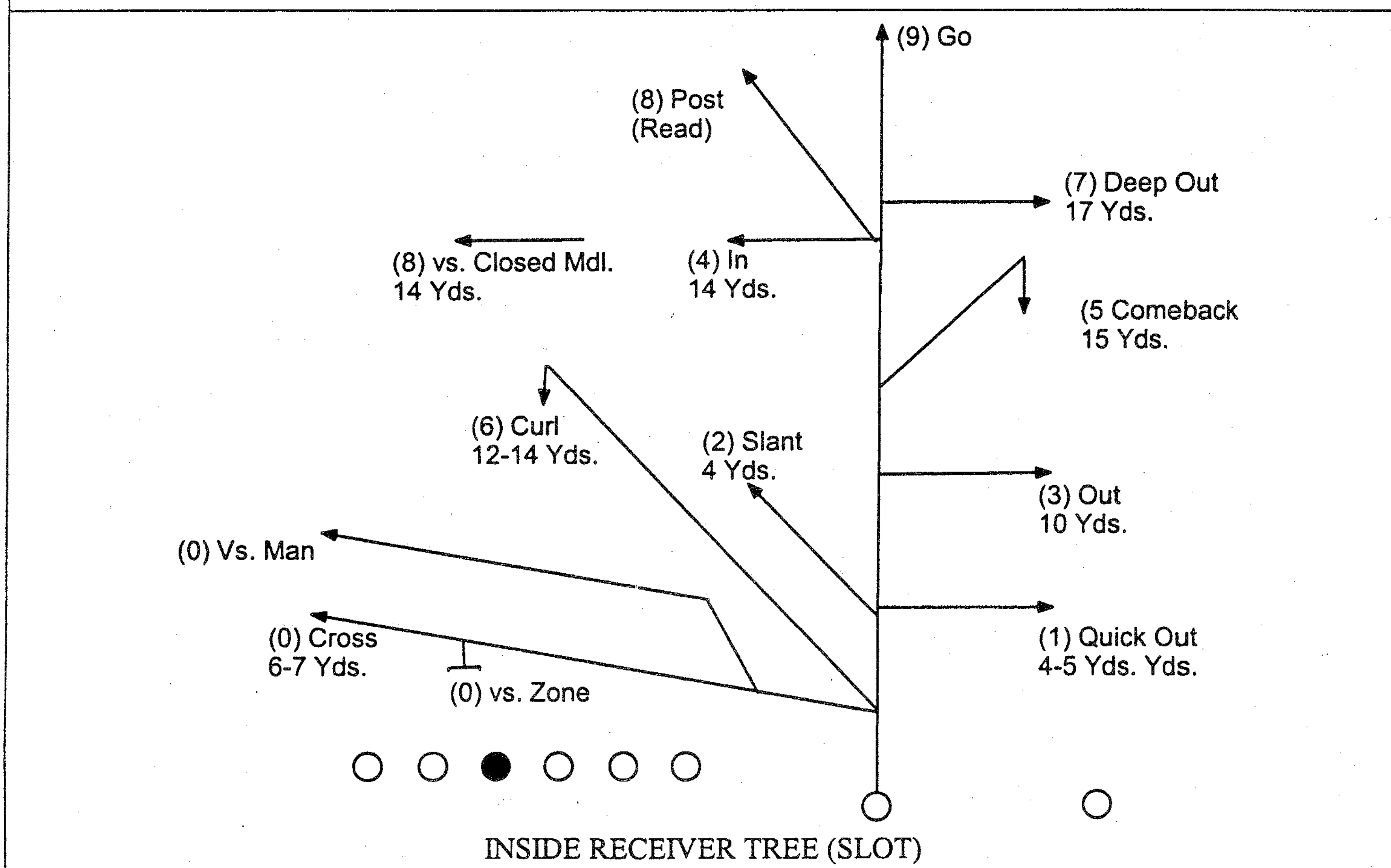
Example: Split Rt Slot Scat Rt 364 F Flat/Swing



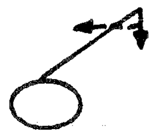
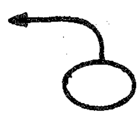
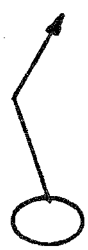
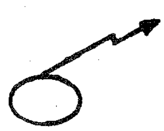
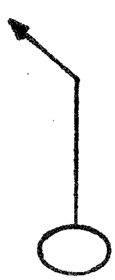
7. For you to truly understand this pass offense it is important to learn the whole play and not just which number you run.

WIDE RECEIVERS ROUTES
TABLE OF CONTENTS

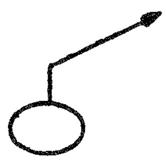
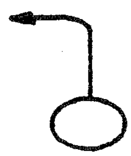
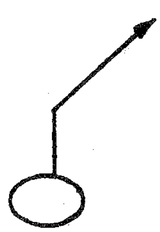
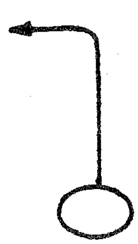

(9) Go
(7) Pump
(4) In
18-20 Yds.
(5 Comeback)
17 Yds.
(7) Deep Out
17-19 Yds.
(6) Curl
12 Yds.
(3) Out
10 Yds.
(2) Slant
4 Yds.
(0) vs. Man
(0) Cross
6-7 Yds.
(1) Quick Out
6 Yds.
(0) vs. Zone
EVEN ROUTES
ODD ROUTES


(9) Go
(8) Post
(Read)
(7) Deep Out
17 Yds.
(8) vs. Closed Mdl.
14 Yds.
(4) In
14 Yds.
(5 Comeback
15 Yds.
(6) Curl
12-14 Yds.
(2) Slant
4 Yds.
(3) Out
10 Yds.
(0) Vs. Man
(0) Cross
6-7 Yds.
(0) vs. Zone
(1) Quick Out
4-5 Yds. Yds.
INSIDE RECEIVER TREE (SLOT)

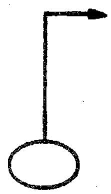
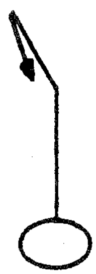
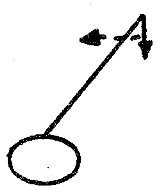
INSIDE ROUTE TREE – RECEIVER GRID

ROUTE	VISUAL	DEPTH	ALIGNMENTS	POINTS OF EMPHASIS
PIVOT		6 – 8 YARDS	2 YARDS OUTSIDE HASH	RUN IT ROUTE, STAYS ON VS ALL COVERAGES. BEGIN ROUTE LIKE A ZERO TO A POINT 6-8 YARDS DEEP OVER THE CENTER, SIT DOWN VS ZONE, VS MAN PIVOT AND RETURN.
FLAT		2 – 3 YARDS	2 YARDS OUTSIDE HASH	2 STEP ROUTE UPFIELD. SPEED CUT AND ACCELERATE TO GET LATERAL SEPERATION, KEEP ON THE MOVE.
POST		4 – 7 YARDS	½ BETWEEN HASH AND NUMBERS	ANGLE OF ENTRY INTO DEFENSE IS A 4-7 YARDS DEEP ON AN ANGLE TO SEE THE FLAT ROUTE. SHOULD THE FINISH IN THE SEAM AS THE FLAT DEFENDER EXPANDS.
CHOP		4 – 7 YARDS	2 YARDS OUTSIDE THE HASH	RUN IT ROUTE, STAYS ON VS ALL COVERAGES, CROSSING ROUTE, GET OVER THE CENTER, SHOW NUMBERS PUT HANDS UP AND CONTINUE ON CROSSING ROUTE (LOOKS LIKE PIVOT ROUTE).
FLAG		SLIGHT SEAM RELEASE 4TH INSIDE STEP	VARIES	RUN IT ROUTE, STAYS ON VS ALL COVERAGES. AIMING POINT FRONT FLAG. IN RED ZONE AIMING POINT IS 2 YARDS AT THE BACK FLAG.

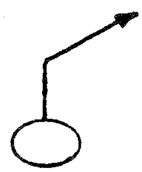
INSIDE ROUTE TREE Continued - 2

ROUTE	VISUAL	DEPTH	ALIGNMENTS	POINTS OF EMPHASIS
STUTTER		14 – 16 YARDS	2 YEARS OUTSIDE HASH	RUN IT ROUTE, STAYS ON VS ALL COVERAGES. GET UP FIELD ABOUT 11 YARDS THEN START POST ANGLE BUT NOT CROSSING HASH, PIVOT LOSING GROUND LOOKING FOR OPEN AREA.
O ROUTE		4 – 7 YARDS	2 YARDS OUTSIDE THE HASH	CROSSING ROUTE, VS ZONE READ DROP OF LBERS. DO WHAT YOU SEE IN FRONT OF YOU – IF A DEFENDER IS WAITING ON THE OTHER SIDE SIT DOWN FROM CENTER OVER. NO DEFENDER KEEP ON THE MOVE. VS MAN, RUN AWAY, YOU MAY HAVE TO STAIR CASE HIM.
1 ROUTE		2 – 3 YARDS	2 YARDS OUTSIDE THE HASH	RUN IT ROUTE, STAYS ON VS ALL COVERAGES, VS ZONE COME OUT OF THE BREAK THEN UNDER CONTROL BEING AWARE OF FLAT DEFENDER.
2 ROUTE`		2 STEPS	2 YARDS OUTSIDE	RUN IT ROUTE USED WITH 22 COMBINATION, DO QUICKLY CROSS DEFENDERS FACE TO OPEN ZONE FOR OUTSIDE RECEIVER, NO HESTITATION, CAN GO ABOVE OR BELOW DEFENDER.
3 ROUTE		SLIGHT ANGLE OUT 3RD INSIDE STEP	2 YARDS OUTSIDE THE HASH	RUN IT ROUTE STAYS ON VS ALL COVERAGES VS PRESS MUST WORK TO GET AN OUTSIDE RELEASE WITH A VERTICAL PUSH BEFORE BREAKING OFF ROUTE. VS COVER 2 RUN SPEED 3 ROUTE BUT BEING AWARE OF OUTSIDE DEFENDER.

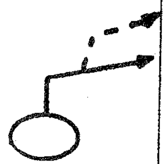
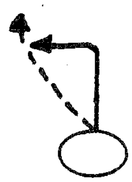
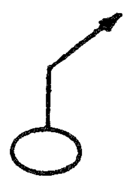
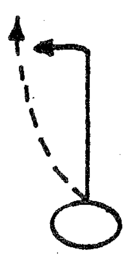
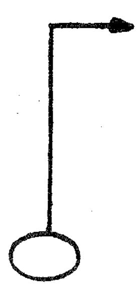
INSIDE ROUTE TREE Continued - 3

ROUTE	VISUAL	DEPTH	ALIGNMENTS	POINTS OF EMPHASIS
4 ROUTE		14 YARDS	2 YARDS OUTSIDE THE HASH	RUN IT ROUTE, STAYS ON VS ALL COVERAGES. GET VERTICAL PUSH TO 14 YARDS, VS ZONE COME OUT OF THE BREAK UNDER CONTROL BUT ON THE MOVE. VS MAN RUN AWAY. STAY FRIENDLY.
5 ROUTE (58 STOP)		15 YARDS	3 YARDS OUTSIDE THE HASH	RUN IT ROUTE, STAYS ON VS ALL COVERAGES. VS PRESS TAK AN OUTSIDE RELEASE GETTING TO A VERTICAL STRETCH OF 10 YARDS THEN TAKING A HIGH ANGLE TOWARDS THE CORNER PIVOTING AT THE INSIDE EDGE OF THE NUMBERS COMING BACK TO QB. VS COVER 2 FIND THE OPEN WINDOW AFTER PIVOT BUT WORK BACK TO QB.
INSIDE 6		12 – 14 YARDS	2 YARDS OUTSIDE THE HASH	INSIDE ANGLE RELEASE TO A DEPTH OF 12-14 YARDS DEPENDING ON THE PLAY CALLED. VS ZONE SIT DOWN AND UNCOVER. VS MAN PIVOT OUT.
INSIDE 8		10 – 12 YARD BREAK POINT	2 YARDS OUTSIDE THE HASH	MIDDLE OF THE FIELD OPEN TAKE THE FIELD. MIDDLE OF THE FIELD CLOSED RUN AN INSIDE 4 ROUTE. VS MAN STILL READ THE MIDDLE OF THE FIELD. HINT MOVE NECESSARY VS MAN.
INSIDE 9		VERTICAL RELEASE	ON THE HASH	RUN IT ROUTE STAYS ON VS ALL COVERAGLES. VS SECONDARY DEFENDER PREFER TO CROSS HIS FACE. VS ZONE UP THE HASH.

OUTSIDE ROUTE TREE – RECEIVER ROUTE GRID

ROUTE	VISUAL	DEPTH	ALIGNMENTS	POINTS OF EMPHASIS
SPEAR		18-24 YARDS FAR SIDELINE	0 SPLIT	RUN IT ROUTE, 18 - 24 YARDS VS MAN STAIR CASE
CHATTER		20 YARDS	NORMAL	RUN IT ROUTE PUSH UP TO 12 YARDS SLIGHT PUMP MOVE THEN GO TO A DEPTH OF 20 YARDS AND FINISH LIKE 5 ROUTE.
HUSKY		6 YARDS	MAXIMUM SPLIT	RUN IT HITCH, STAYS ON
HITCH		3 STEPS THEN 2 GATHERS, NO DEEPER THAN 6 YARDS	MAXIMUM SPLIT	VS PRESS-FADE IT VS COVER 2 – FADE IT
PATRIOT		12 YARDS (STEM 6 ROUTE)	MAXIMUM SPLIT	VS PRESS – WIDE OUTSIDE RELEASE 2 YARDS FROM SIDELINE VS COVER 2 IT'S THE SAME AS PRESS.

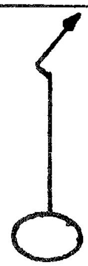
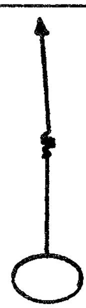
OUTSIDE ROUTE TREE Continued - 2

ROUTE	VISUAL	DEPTH	ALIGNMENTS	POINTS OF EMPHASIS
0 ROUTE		4-7 YARDS	WIDE SIDE – ½ BETWEEN THE HASH AND NUMBERS, SHORT SIDE-INSIDE EDGE OF NUMBERS	CROSSING ROUTE, VS ZONE READ DROP OF LBERS. DO WHAT YOU SEE IN FRONT OF YOU – IF A DEFENDER IS WAITING ON OTHER SIDE SIT DOWN FROM CENTER OVER. NO DEFENDER KEEP ON THE MOVE. VS MAN, RUN AWAY, YOU MAY HAVE TO STAIR CASE HIM.
1 ROUTE		2ND INSIDE STEP NO DEEPER THAN 6 YARDS	EDGE SPLIT	VS PRESS – FADE IT VS COVER 2 – FADE IT
2 ROUTE		2ND OUTSIDE STEP 45% ANGLE, 15 YARDS AND THE HASH	NORMAL SPLIT	RUN IT ROUTE. VS PRESS WORK AT DEFENDERS OUTSIDE COME DOWN INSIDE FLAT. VS COVER 2 WIDEN THE DEFENDER FOR BIGGER WINDOW.
3 ROUTE		SLIGHT ANGLE RELEASE 3RD INSIDE STEP	EDGE SPLIT	VS PRESS – FADE IT VS COVER 2 – FADE IT
4 ROUTE		18 TO 20 YARDS	NORMAL SPLIT	RUN IT ROUTE - RUN THROUGH 15 YARDS PUSHING FOR 18 TO 20 COMING OUT THE BREAK THEN UNDER CONTROL. ROUTE STAYS ON VS ALL COVERAGES.

OUTSIDE ROUTE TREE Continued - 3

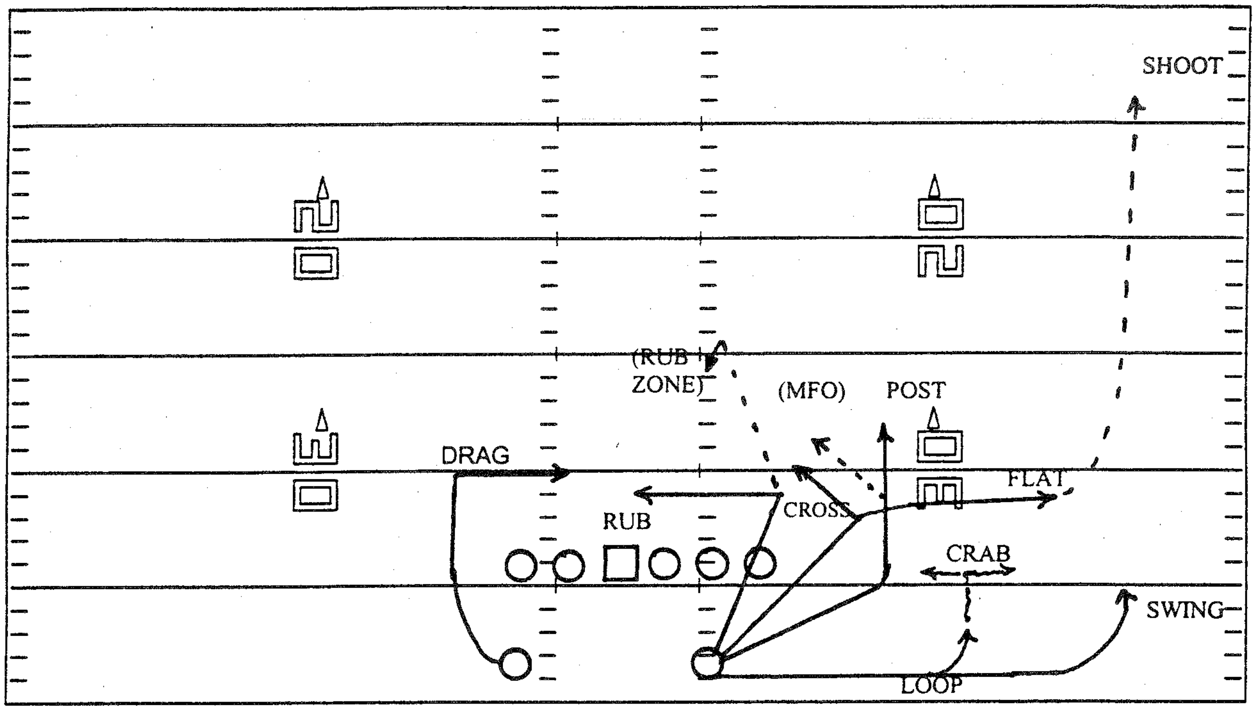
ROUTE	VISUAL	DEPTH	ALIGNMENTS	POINTS OF EMPHASIS
5 ROUTE		17 YARDS	NORMAL SPLIT	RUN IT ROUTE - MUST COME OUT OF THE BREAK STAYS ON VS ALL COVERAGES.
6 ROUTE		12 YARDS AND TURN	NORMAL SPLIT	RUN IT ROUTE - VS PRESS TAKE AN OUTSIDE RELEASE GET DEFENDER RUNNING AND WORK BACK TO QB VS COVER 2 WIDEN DEFENDER ON RELEASE.
7 ROUTE		SLIGHT SEAM RELEASE 4TH INSIDE STEP	EDGE SPLIT	RUN IT ROUTE - BURST RELEASE TO A VERTICAL PATH TO A 17 YARD DEPTH AND FINISH LIKE A 3 SPEED CUT AND GET SEPARATION. VS PRESS STAYS ON VS COVER 2 STAYS ON AND COMES OUT AT HIGHER ANGLE.
7 PUMP		SLIGHT SEAM RELEASE 4TH INSIDE STEP	EDGE SPLIT	RUN IT ROUTE - REGULAR 7 ROUTE AND AT APEX 3RD HIGH STEP OUT THEN UP, NOT LOOSING MOMENTUM. VS PRESS OUTSIDE RELEASE. VS COVER 2 SLIGHT SEAM RELEASE.
8 ROUTE		SLIGHT ANGLE RELEASE 4TH OUTSIDE STEP	EDGE SPLIT	FINISH ROUTE UP THE SEAM VS INSIDE TECHNIQUE YOU MUST STAY VERTICAL AND CROSS THE DEFENDERS FACE AT ANY ANGLE NECESSARY. VS COVER 2 OR PRESS FADE IT.

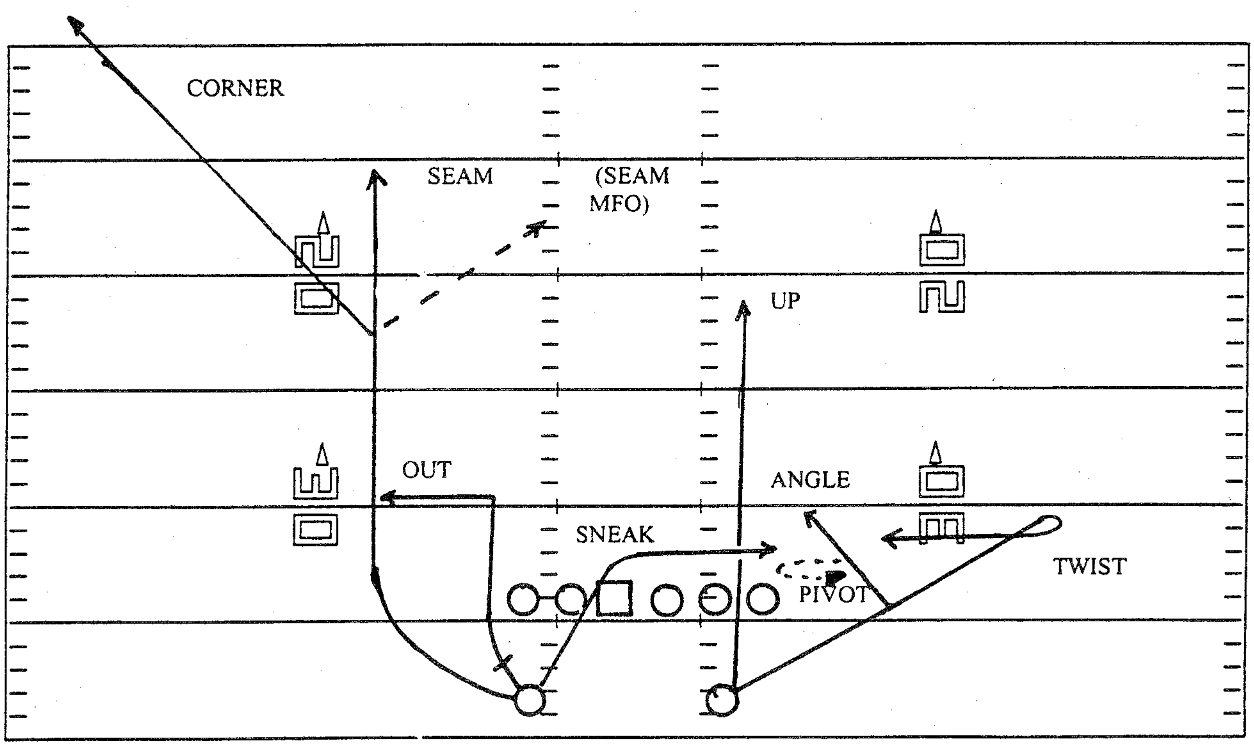
OUTSIDE ROUTE TREE Continued - 4

ROUTE	VISUAL	DEPTH	ALIGNMENTS	POINTS OF EMPHASIS
DEEP 8		MINIMUM 15 YARDS	EDGE SPLIT	MUST CLOSE CUSHION MINIMUM 15 YARDS THEN GO FOR THE FAR GOAL POST. STAYS ON VS ALL COVERAGES.
9 ROUTE		CLOSE CUSHION ON DEFENDER	NORMAL SPLIT	CLOSE CUSHION, AN OUTSIDE FINISH IS PREFERRED NO CLOSER THAN 5 YARDS FROM SIDELINE, IF DEFENDER MAINTAINS OUTSIDE STICK HIM AND FINISH INSIDE. DO NOT FOOL QB DOUBLE WORKING THE ROUTE. VS PRESS SQUEEZE DEFENDER. VS COVER 2 ROUTE STAYS ON.
9 PUMP		CLOSE CUSHION ON DEFENDER	NORMAL SPLIT	CLOSE CUSHION AND AT 14 YARDS GIVE QUICK HEAD AND SHOULDER FAKE AT THE QB. VS PRESS ROUTE STAYS ON VS COVER 2 FADE IT.

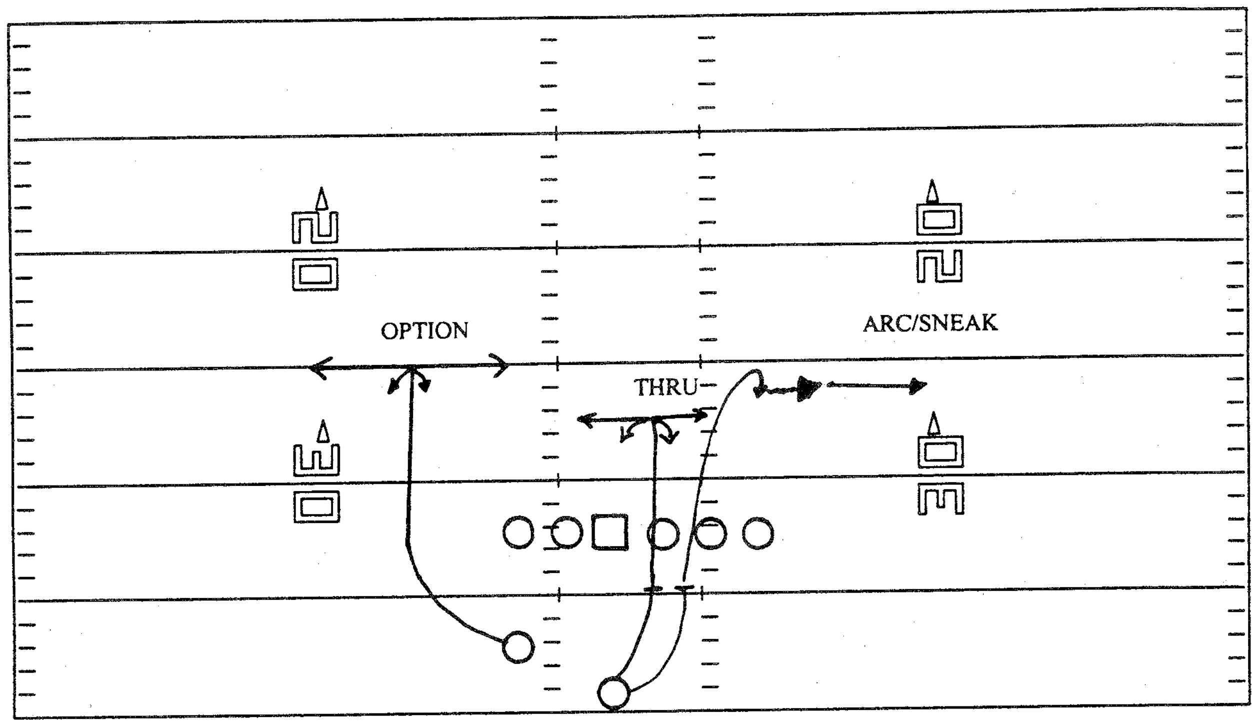
RB ROUTES
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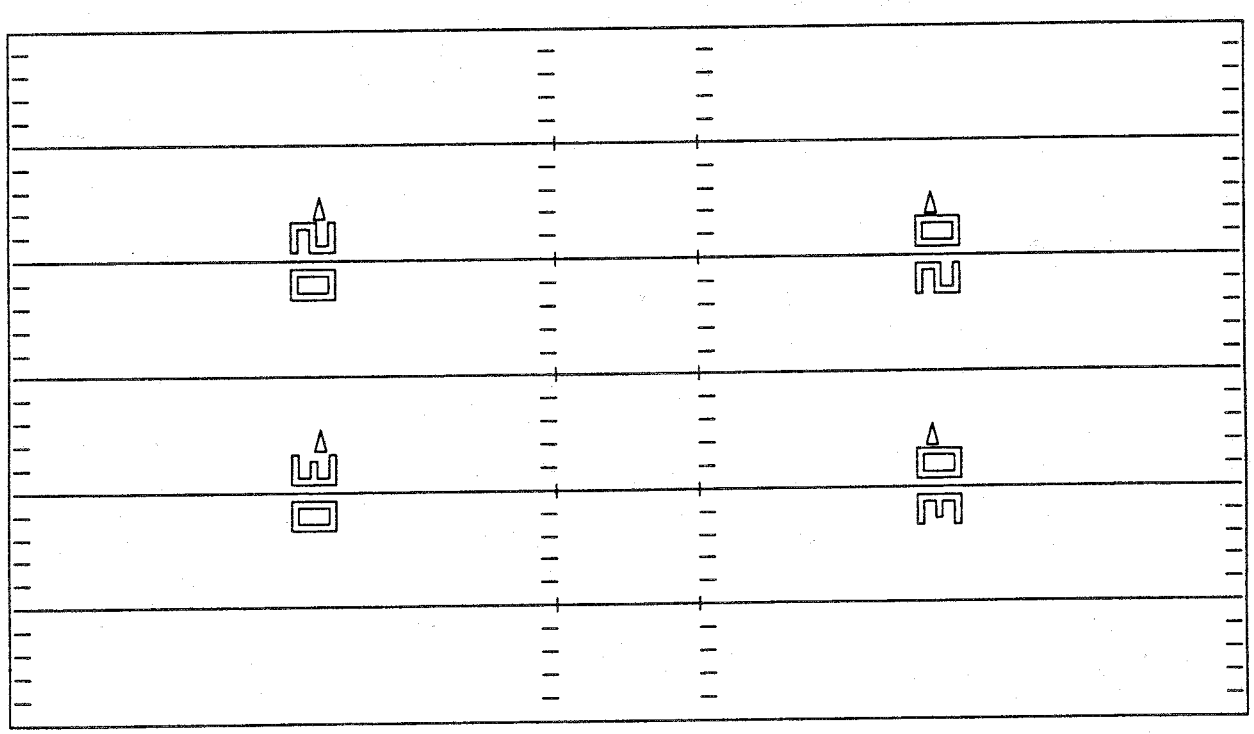
BACKS ROUTE TREES

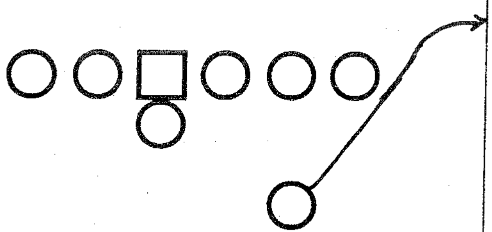
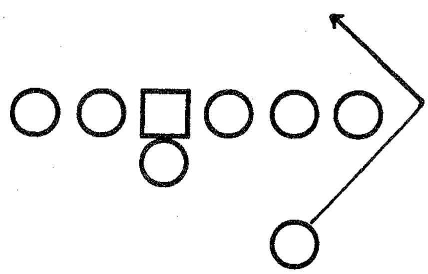
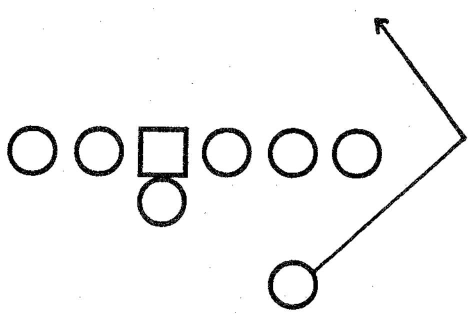
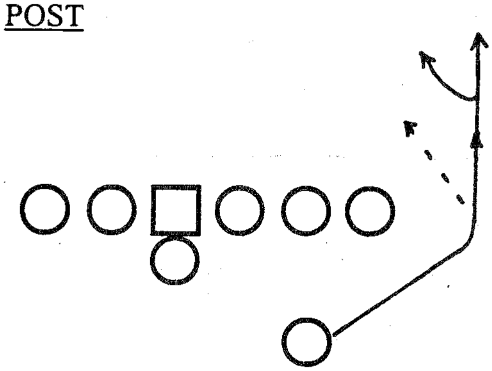




BACKS ROUTE TREES

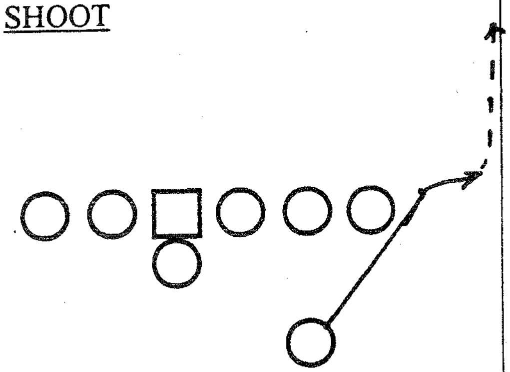




INDIVIDUAL ROUTES FOR BACKS	
<u>FLAT</u> 	Release outside hip of TE, rolling off inside foot at 2 yards. Gain depth to 5 yards, half way between the numbers and sideline. Look quick for ball. Settle 3 yards from sideline. Stick move vs. man.
<u>CROSS</u> 	Release outside hip of TE, to a depth of 3 to 4 yards. (Same as Flat). Break inside underneath LB at a 45-degree angle. Look for the ball quickly
<u>ANGLE</u> 	Release 4 to 5 yards outside TE break inside at 75 degree angle. Look quickly for ball.
<u>POST</u> 	Release 4 to 5 yards outside TE. Aiming point is 1 yard inside numbers to widen the seam defender. Work off seam defender. Get inside and vertical if he widens. Go over top and vertical, if he walls inside. If squats on you, close and break thin across his face. MFO take middle thin. MFC, stay vertical.

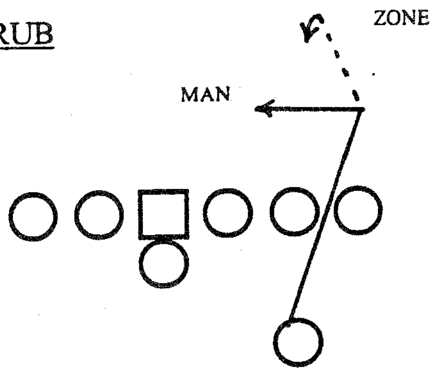
INDIVIDUAL ROUTES FOR BACKS

<u>SHOOT</u>



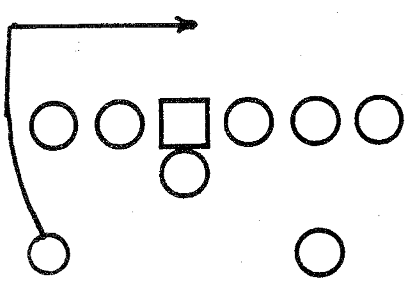
Run Flat route looking quickly for ball. If not there, turn up field through the bottom of the numbers, gain depth and width, halfway between the numbers and sideline. Turning your head protects Hot and sells Flat route.

<u>RUB</u>



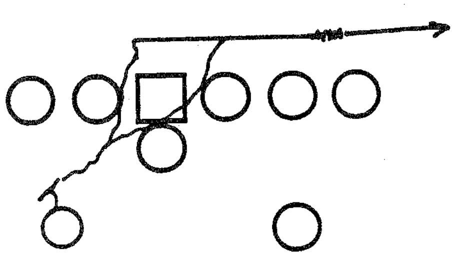
Check release over TE 2-4 yards deep vs. Man, pick defender covering the "H Back". If Zone, continue up field to depth of 10 yards hooking up across MLB face.

<u>DRAG</u>

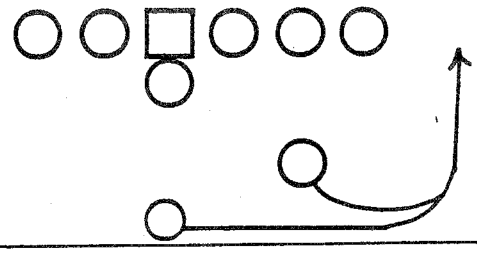
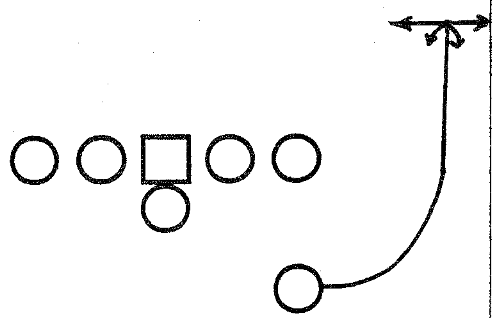
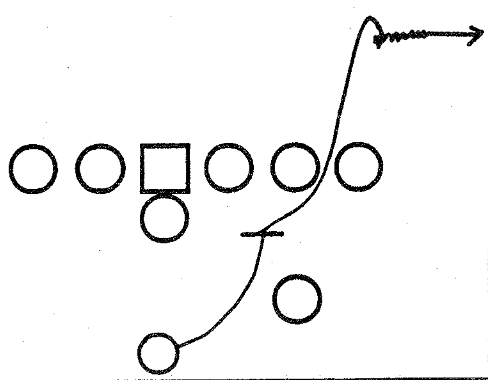
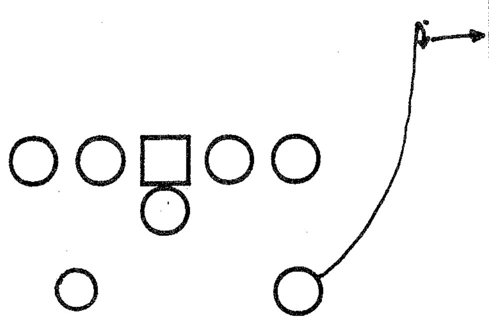


Release around DE when possible. Work up field to depth of 4-5 yards. Break inside looking for the ball.

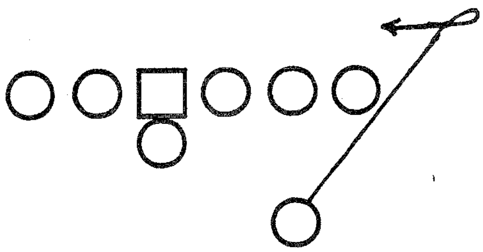
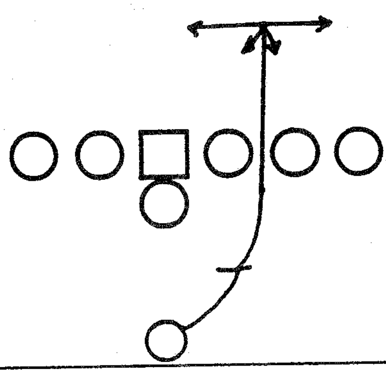
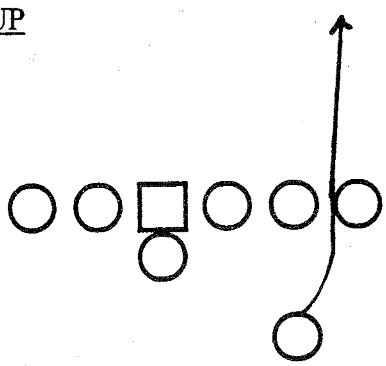
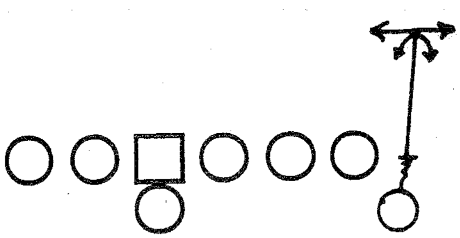
<u>SNEAK</u>

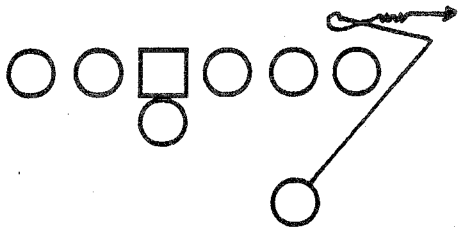
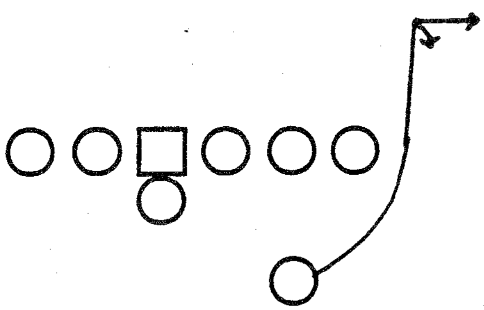
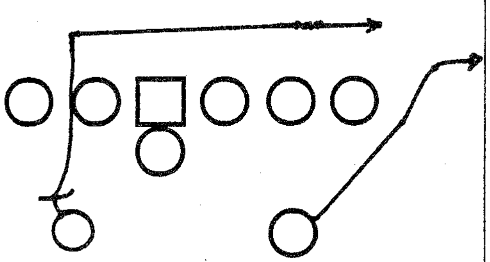
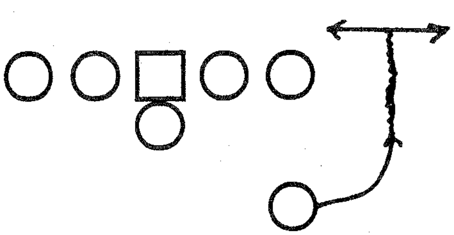


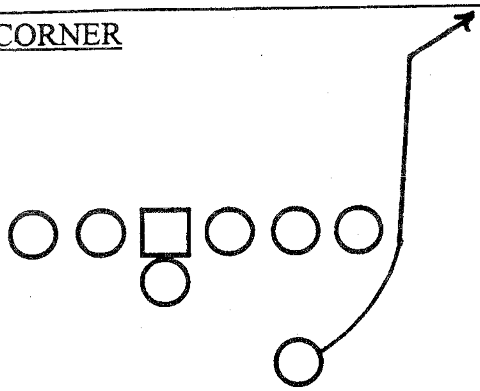
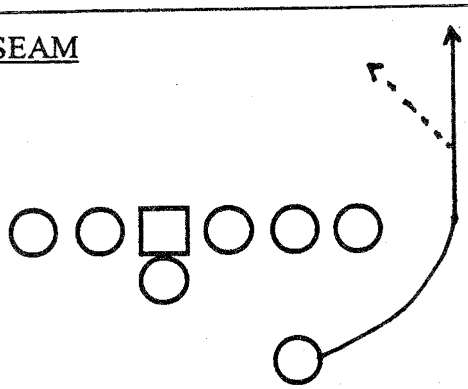
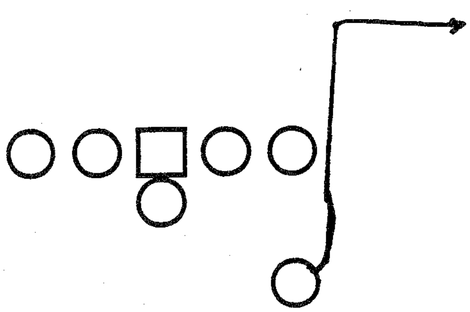
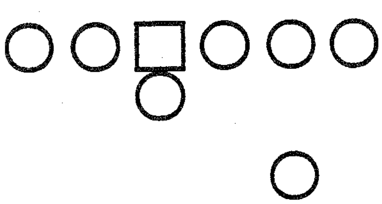
Check. Release between either Guard Center gap weak or strong. Work to a depth of 5-6 yards, idle vs. Zone in front of TE original alignment. Vs. man, run away.

INDIVIDUAL ROUTES FOR BACKS	
SWING 	Release parallel to the line of scrimmage. Do not lose ground. Wide side, end up on the numbers, approximately 2 yards from LOS. Short side, End up half between numbers and sideline 2 yards from LOS
OPTION 	Release outside 4-5 yards wide and run a 3-way Option route at a depth of 5 yards; break in or out based on defender technique and break up vs. Zone.
ARC SNEAK 	Check. Release in Guard/Tackle area. Turning out 6 yards deep over the TE original alignment. Drift to outside vs. Zone, run away to outside vs. Man. this route is used with Arc protection
HOOK 	Check release between Tackle/Tight End area at a depth of 5-6 yards turning out. Run away vs. Man.

INDIVIDUAL ROUTES FOR BACKS

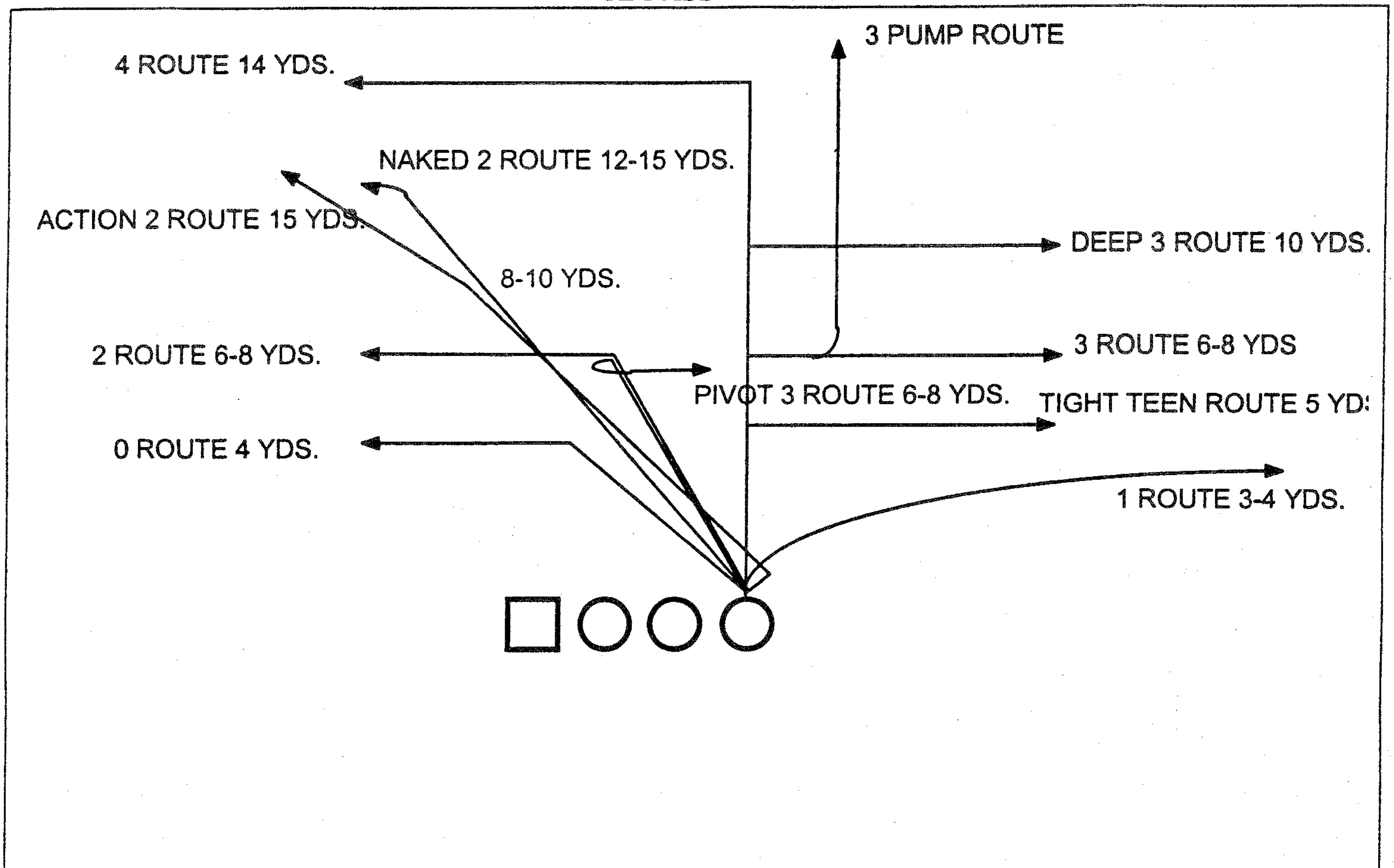
TWIST 	Check release 4-5 outside TE, depth 3-5 yards, far hash, get width to 1 yard inside the numbers. Near hash, get width to 1 yard outside the numbers. Stop and return Flat, do not lose ground.
THRU 	Check release through Center/Guard area with option route running rules.. This is usually used with Arc Seams.
UP 	Release between Tackle/Tight End with speed, your job is clear SLB area, this route is usually used with Y-Twist.
DODGE 	Option route used by Y and F primary with Option rules. Run from Trips or Twins formation with a depth of 6-8 yards. Hesitate prior to release to read the Defense.

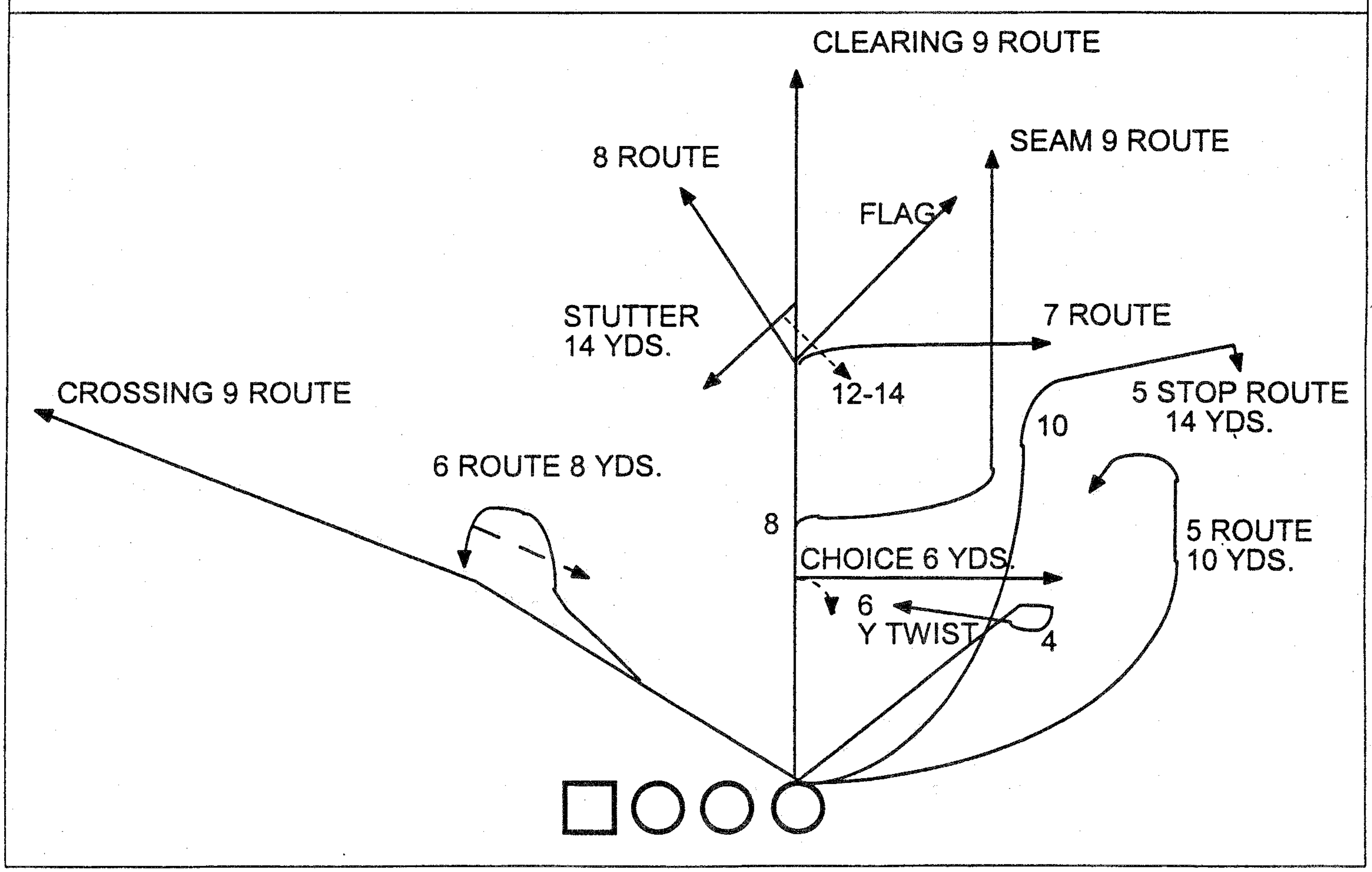
INDIVIDUAL ROUTES FOR BACKS	
PIVOT 	Release outside hip of TE 1-2 yards up field , break inside as if to run a Cross route. 2 Steps then pivot Flat back toward the sideline, do not lose ground. Throttle vs. Zone, run away vs. Man.
CHOICE 	Normally a free release route 4-5 yards, outside OT, to a depth of 5 yards. Hook vs. Zone. Break out vs. Man. This is only a 2-way break. You cannot break to the inside.
RICKY/LUCKY 	Combination pattern by both backs, both backs break right or left. Onside-run Flat route, Offside-run Sneak route.
LOOP/CRAB 	Release parallel to the LOS, don't loose ground, Shorter version of the Swing half way between OT and SE. Vs. Man win with Option rules.

INDIVIDUAL ROUTES FOR BACKS	
CORNER 	Primarily used in the Red Zone, release up field 1 yard outside of OT break point will depend on LOS. Break at high angle to the back cone.
SEAM 	Release 4-5 yards outside OT, aim 2 yards inside numbers, MFC Sam in Seam MFO open take the middle.
OUT 	Check release to a depth of 5-6 yards. Break out vs. Man. Hook up in void between Flat defender and break point.
	

TE ROUTES
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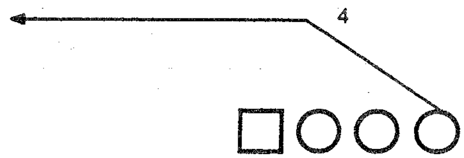
TE PASS TREE


3 PUMP ROUTE
4 ROUTE 14 YDS.
NAKED 2 ROUTE 12-15 YDS.
ACTION 2 ROUTE 15 YDS.
DEEP 3 ROUTE 10 YDS.
8-10 YDS.
2 ROUTE 6-8 YDS.
3 ROUTE 6-8 YDS
PIVOT 3 ROUTE 6-8 YDS.
TIGHT TEEN ROUTE 5 YD:
0 ROUTE 4 YDS.
1 ROUTE 3-4 YDS.


CLEARING 9 ROUTE
SEAM 9 ROUTE
8 ROUTE
FLAG
STUTTER
14 YDS.
7 ROUTE
CROSSING 9 ROUTE
12-14
5 STOP ROUTE
14 YDS.
10
6 ROUTE 8 YDS.
8
5 ROUTE
10 YDS.
CHOICE 6 YDS.
6
Y TWIST
4

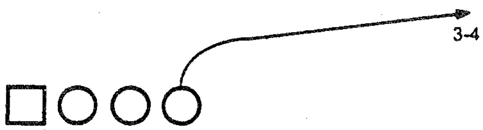
TE PASS ROUTES

0 ROUTE – SHALLOW CROSS



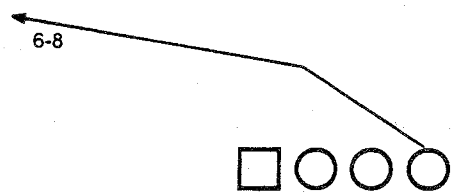
- Crossing route no deeper than 4 yds..
- Zone – Inside release
  Angle in towards frontside LB and break under him.
  Run past backside tackle box.
  Find the open area, keep yourself open.
- Man – Inside release
  Push up field no deeper than 4 yds..
  Break inside and separate
- Catch, clutch, covert

1 ROUTE – FLAT



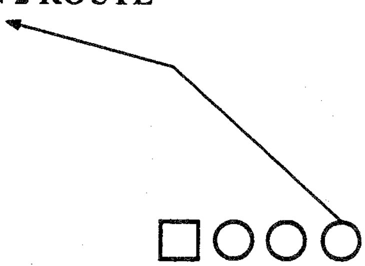
- Zone – Outside release
  Push up field 3-4 yds., gaining width and depth to 5 yds.. (depth determined by combo route.)
  Sit down 3 yds. from sideline if ball as not been thrown
- Man – Outside release
  Give a good head shoulder fake, break out and run away
- Focus on ball
- CCC

2 ROUTE – CROSS



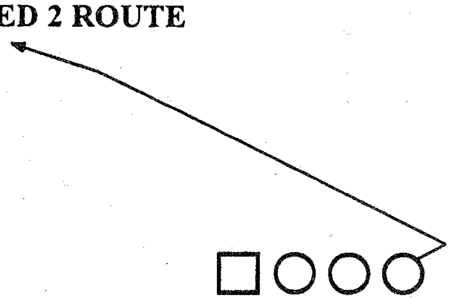
- Crossing route 6-8 yds. deep.
- Zone – inside release
  Angle in towards frontside LB gaining depth to 4 yds.
  Break inside
  After crossing the backside tackle box, find the open area, keep yourself open.
- Man – Inside release
  Push up field 6-8 yds. And break inside. Separate

ACTION 2 ROUTE

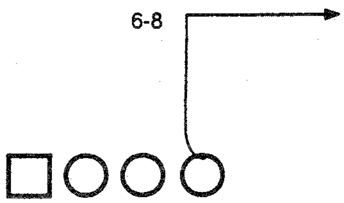
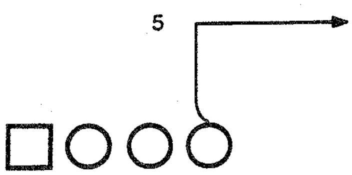
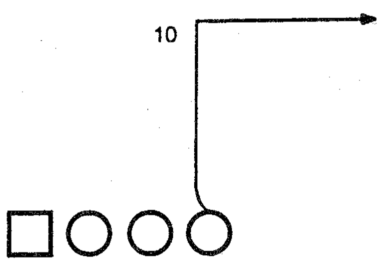
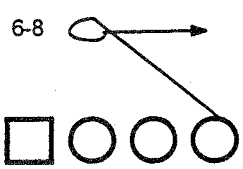
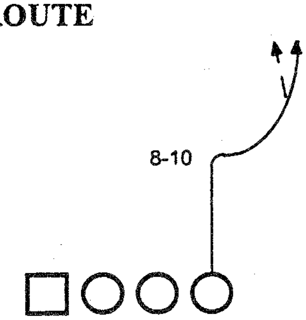


- Inside release
- Angle inside pushing up field 8-10 yds.
- After crossing ball angle to 15 yds.
- Expect to catch ball around the hash
- Zone – Throttle down
- Man – Keep going
- Focus on ball

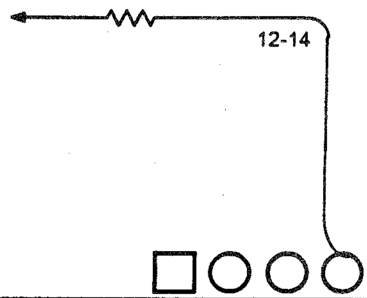
NAKED 2 ROUTE



- Influence step, inside release
- Angle inside gradually gaining depth to 15 yds.
- Get to opposite numbers
- If ball is not thrown, stop at numbers and keep yourself open
- Focus on ball

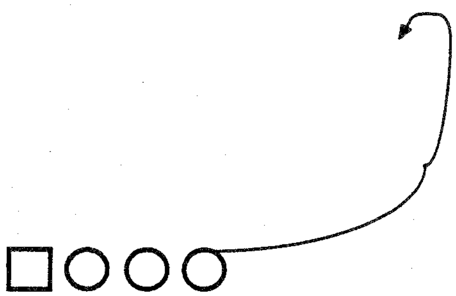
3 ROUTE – OUT 	• 6-8 yds. Out • Zone – Inside release Push vertically 6-8 yds. Speed cut out Pull – Up only if defender is in immediate line. • Man – Inside release Head, shoulder fake inside and break out Separate Do not allow defender to break under route • CCC
QUICK 1 ROUTE 	• 5 Yds. Out • Zone – Inside release Push vertically 5 yds. Speed cut out • Man – Inside release Head, shoulder fake inside and break out Separate • CCC
DEEP 3 ROUTE 	• 10 Yds. Out • Zone – Inside release Push vertically 10 Yds. Speed cut out • Man – Inside release Head, shoulder fake inside and break out. Separate Do not allow defender to break under route • CCC
PIVOT 3 ROUTE 	• Inside release • Angle over Onside Guard • Push up field 6-8 Yds. • Plant with inside foot and pivot outside • Stay flat after pivot • CCC
3 PUMP ROUTE 	• Inside release • Push vertically 8-10 Yds. • Roll outside 1 ½ steps, sell 3 route • Angle up field staying on the inside edge of numbers. • MFO – Angle in towards middle (Slice) • MFC – Stay on inside edge of numbers • Focus on ball

4 ROUTE



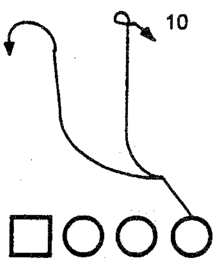
- 14 Yds. crossing route
- Inside release
- Push vertically 14 Yds.
- Speed cut inside
- Zone – come out of break under control, find open area
  Locate QB
- Man – Good fake outside than break inside and separate, stay friendly
- CCC

5 ROUTE – WIDE HOOK



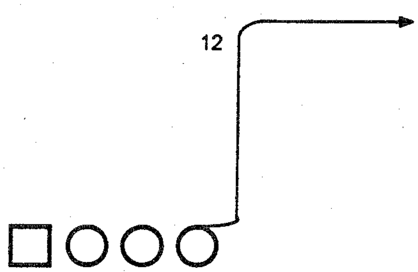
- Outside Release
- Get width of 6 Yds. while working upf field
- 10-12 Yds.
- Turn inside, snap it down
- Locate QB face up target
- CCC

6 ROUTE – HOOK



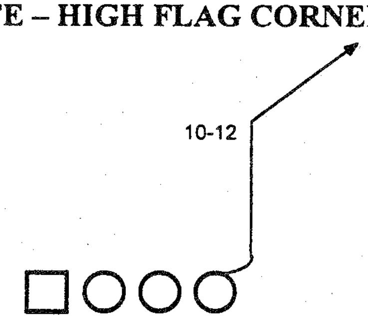
- Inside release
- Zone – push up field 10 Yds. read onside LB
  At top of stem plant with outside foot and snap it down or come back to QB at a 45 degree angle, find open are
  If walled, slide outside, get open
- Man – at top of stem plant and retrace stem
- Locate QB, face up target
- CCC

7 ROUTE – CORNER

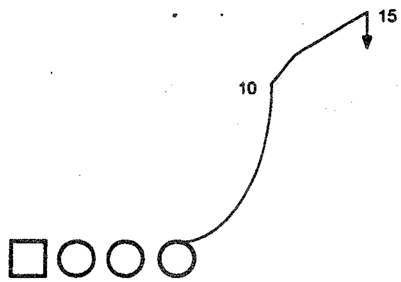
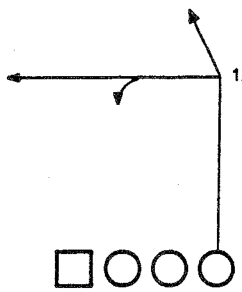
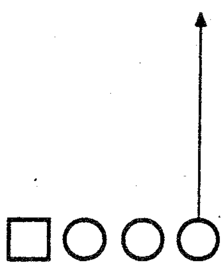
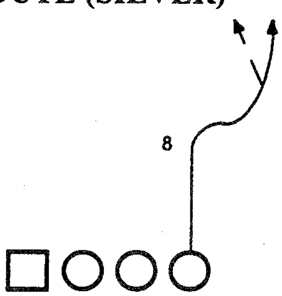
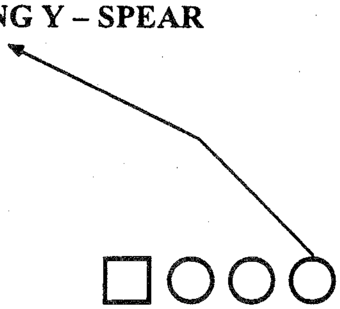


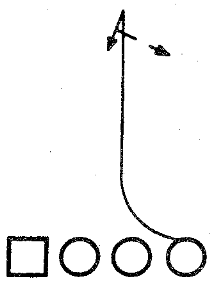
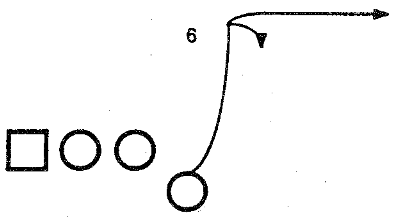
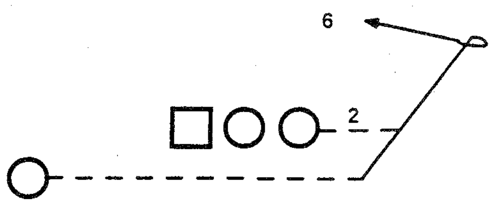
- Best release – prefer outside release
- Push vertically 12 Yds.
- Speed cut
- Focus on Ball

7 ROUTE – HIGH FLAG CORNER



- Push vertically 10-12 Yds.
- Angle to near flag of end zone
- In red zone, angle to back flag of end zone

5 STOP ROUTE 	• Outside release • Push vertically 10 Yds. angle out to 15 Yds. to inside edge of numbers • Plant and angle back to QB • Locate QB, face up target • CCC
8 ROUTE 	• Best release • MFO- Push vertically 12 Yds. Angle towards nearest upright • MFC – Turns into 4 route Break inside find the open area If first window is closed, continue onto next window under control • Man – run away, stay friendly • Focus on ball • CCC
CLEARING 9 ROUTE 	• Best release, inside if possible • Separate • MFO – Maintain hash integrity, look for ball • MFC – Clear out coverage • Focus on ball
SEAM 9 ROUTE (SILVER) 	• Best release • Push vertically 8 Yds. • Roll outside selling the 3 Route • Hit inside edge of numbers and turn up field • MFO – When running up field on inside edge of numbers, angle in towards nearest up right "Slice" • Focus on ball
CROSSING Y – SPEAR 	• Inside release • Locked in post route • Full sprint • Force coverage definition • Zone – Throttle • Man – Keep going, run away • Focus on ball

Y 3 STUTTER 	• Best release • Push vertically 14 Yds. • Zone – Angle back to QB • Man at the top of stem plant and slide outside • Locate QB, Face up target • CCC
Y CHOICE (COWBOY) 	• Best release • Man – Push up field 6 Yds. good head, shoulder fake inside and break out • Zone – Tun outside, find open area • If hot, break out at 4 Yds. • Locate QB, face up target • CCC
Y – TWIST 	• Go past original TE alignment 2 Yds. Angle up field to 4 Yds. • Pivot, under cut coverage gaining ground to 6 Yds. • Expect to catch the ball over the original TE alignment • Locate QB • CCC
	•
	•

RIP/LIZ PROTECTION

RIP/LIZ PROTECTION

A two Back 7-Man protection. The Offensive Line has the Down Four and the Mike Backer. The Backs have Sam and Will to any secondary Blitzer. No Blitzers, run designated route.

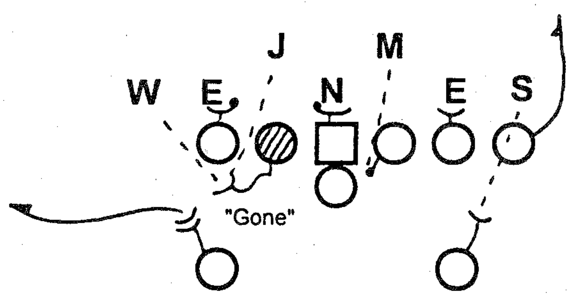
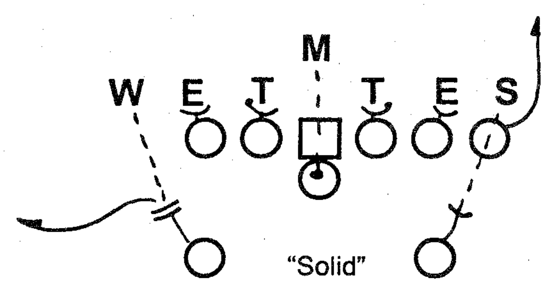
Alert "Hard" if your man is in the A Gap. The depth of the pocket will be no deeper than 8 ½ yards.

Versus a 34 Defense the Guard and Back to the side of the call (Rip/Liz) will have a "Double" read. If both Backers come to the side of the call, the Back must block the outside rusher and the Guard must block the inside rusher. If only one Backer rushes to the call side, then the Back can run his designated route.

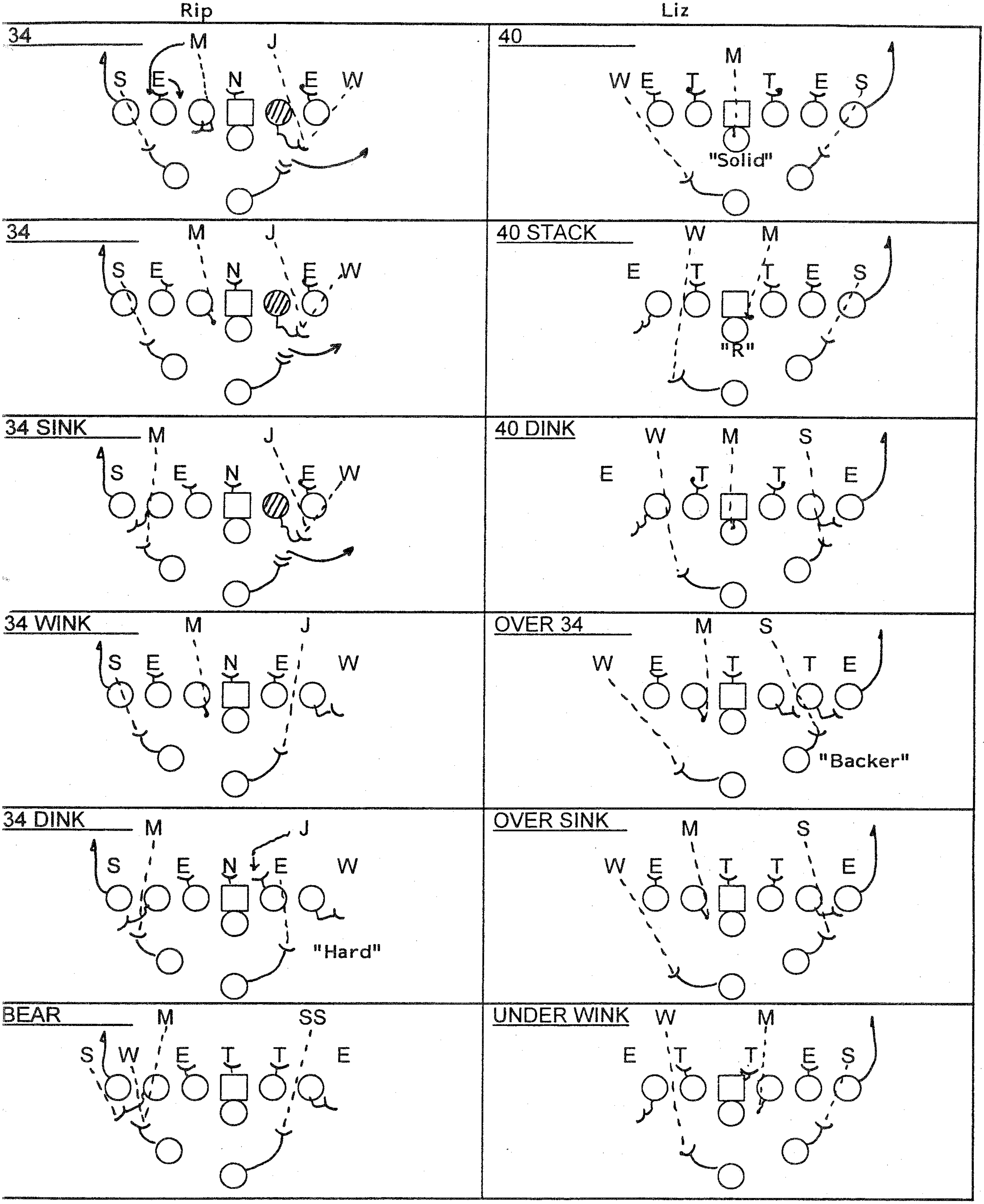
Four weak will be handled by the Quarterback and the X Receiver.

Four strong will be handled by the Tight End and Fullback.

LIZ

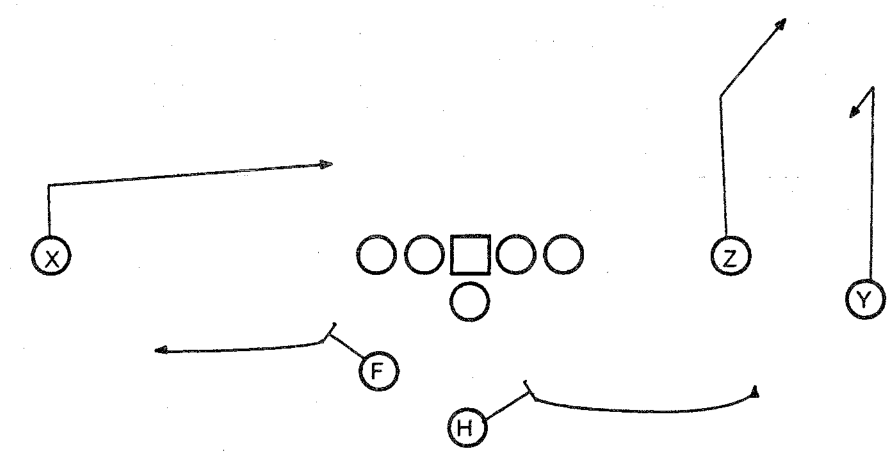
34	40
	

RIP/LIZ PROTECTION

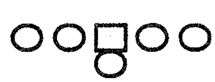


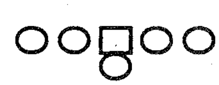
076

FAR RT CHANGE – RIP 076



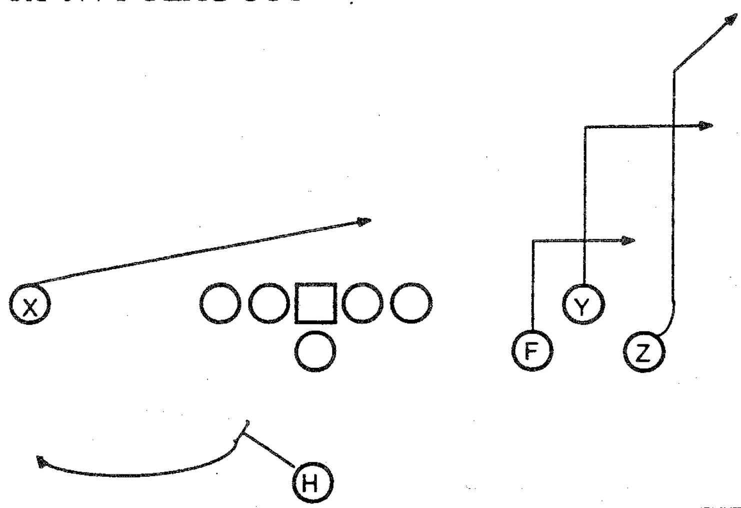
QB:	Notes:
X Outside Zero Y: Inside 6 Z: Inside 7 F: Check Swing H: Check Swing	





077 FLAG F-OUT

TRIPLE RT SCAT RT 077 F-FLAG OUT



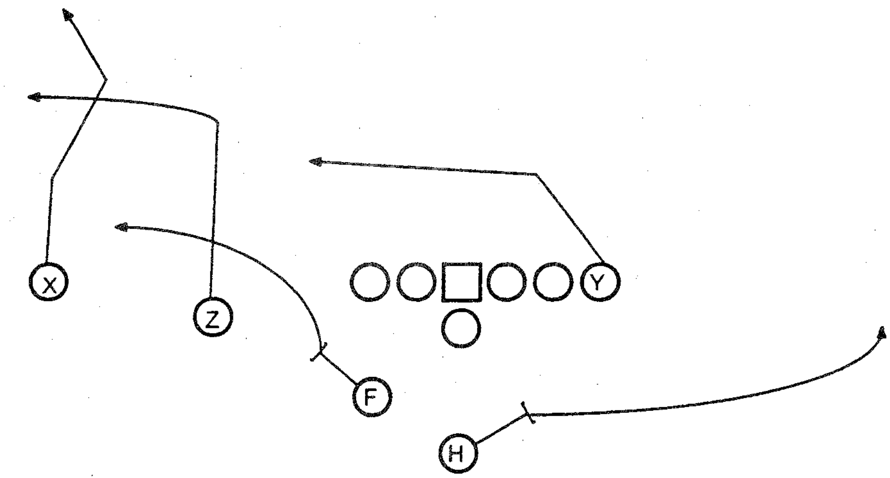
Q

X Inside 0 Route
Y: Inside 7 Route
Z: Flag

F: Out
H: Check Swing

077 SPECIAL

FAR RT SLOT – RIP 077 SPECIAL F-FLAT

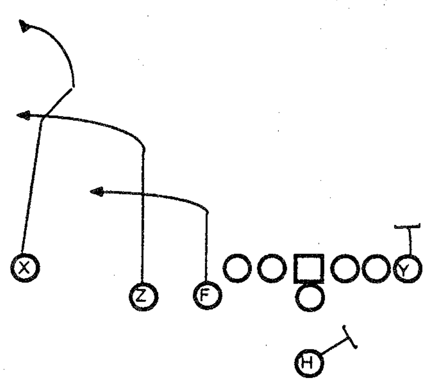


QB:

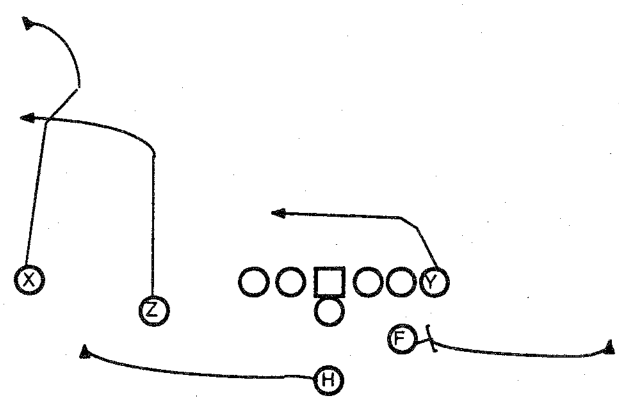
X	Outside 7
Y:	Outside 0
Z:	Slot 7
F:	Check Flat
H:	Check Swing

Notes:

TEX LT – CHARLIE 2 "OH" 77 SPEC



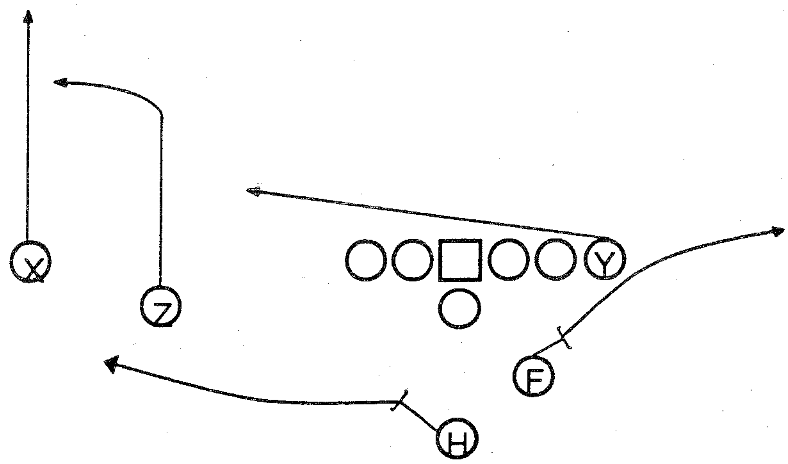
NEAR RT SLOT – LIZ 077 SPECIAL







NEAR RT SLOT LIZ079 F-FLAT



QB:

X Outside 9 Route
Y: Inside 0 route
Z: Slot 7 Route

F: Check Flat
H: Check Swing

Notes:



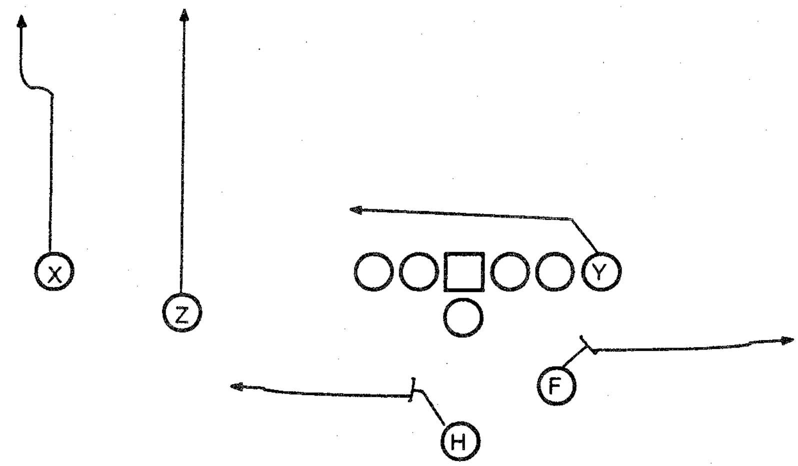






097 PUMP

NEAR RT SLOT – LIZ 097 PUMP



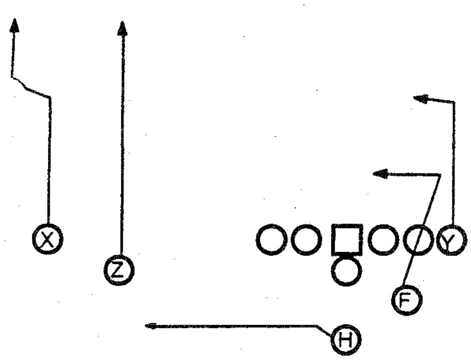
QB:

X 7 Pump
Y: Inside 0 Route
Z: Inside 9 Route

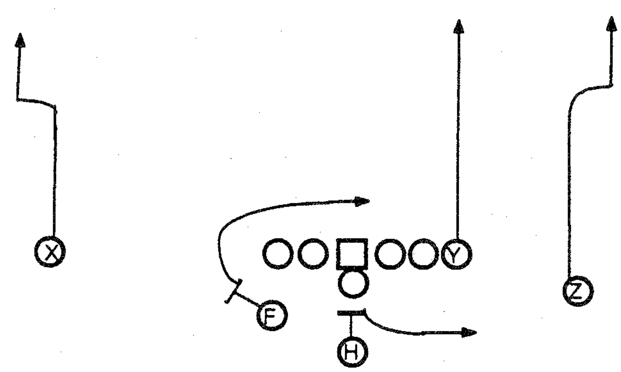
F: Check Swing
H: Check Swing

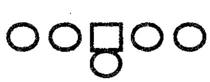
Notes:

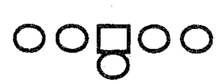
NEAR RT SLOT – RIP 497 PUMP F DRAG



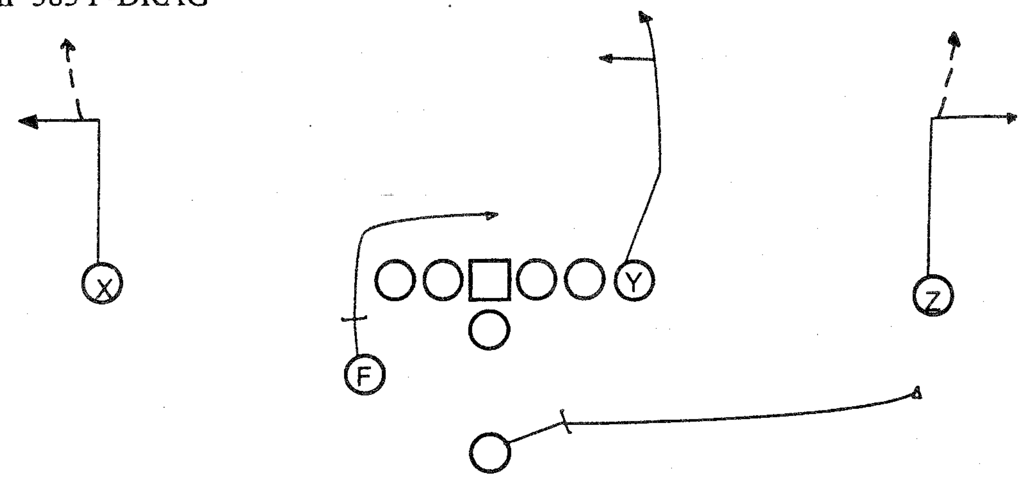
FAR RT – RIP 797 PUMP F DRAG







FAR RT – RIP 383 F-DRAG



QB:

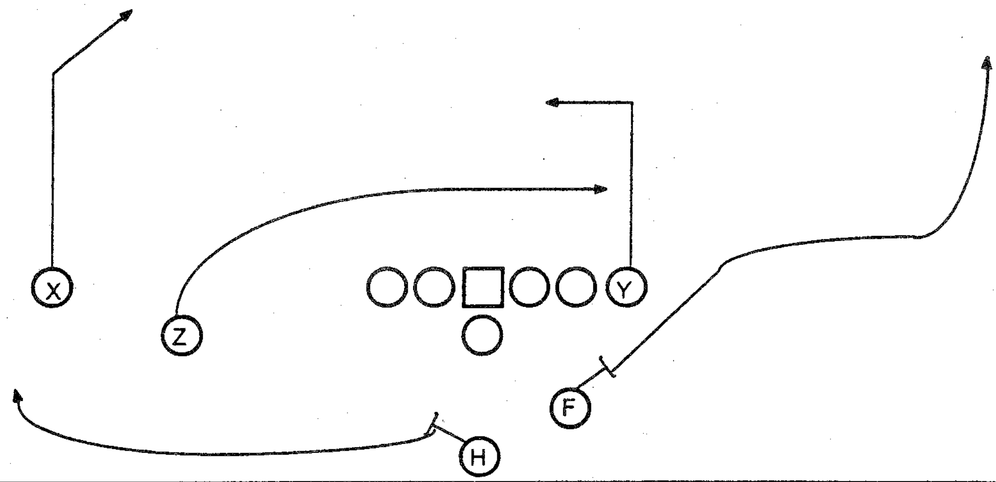
X Outside 3
Y: Inside 8
Z: Outside 3

F: Check Drag
H: Check Swing

Notes:

408 F-SHOOT

NEAR RT SLOT LIZ 408 F-SHOOT

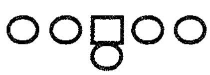


QB:

X
Y:
Z:

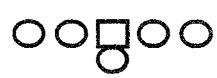
F:
H:

Notes:



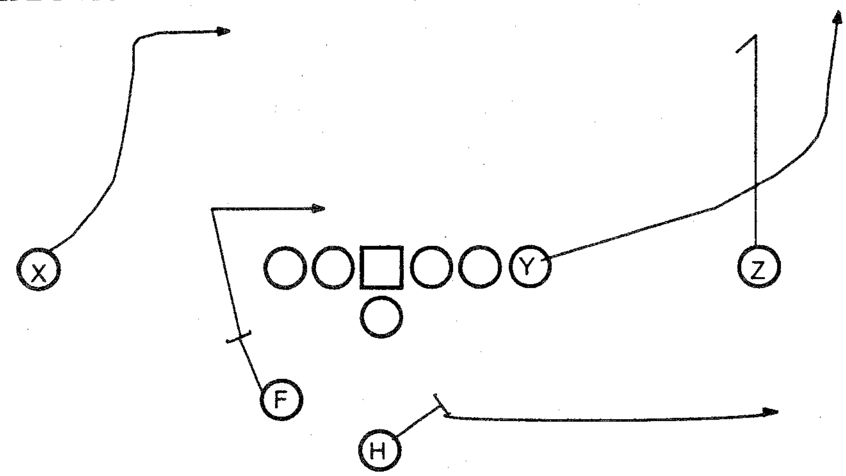






416 WHEEL F DRAG

FAR RT RIP SEAM 416 WHEEL F DRAG

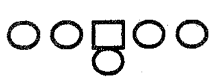


QB:

X Seam 4
Y: Wheel
Z: Outside 6

F: Check Drag
H: Check Swing

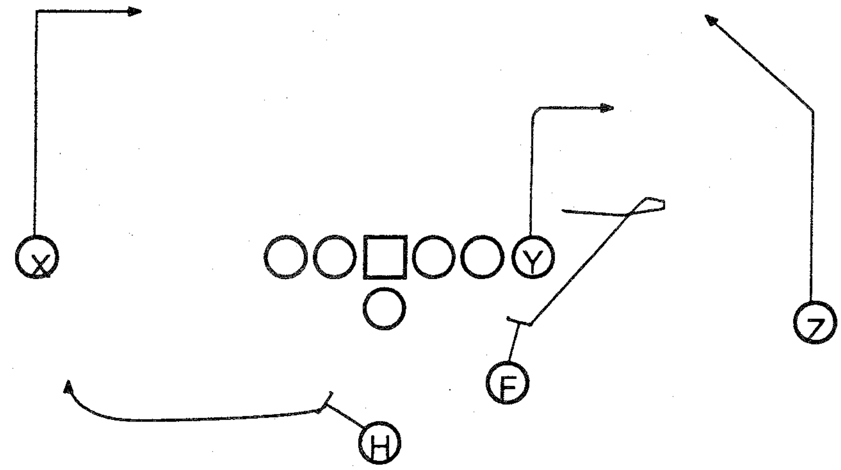
Notes:





438 RUN-IT F TWIST/PIVOT

NEAR RT LIZ 438 RUN-IT F TWIST



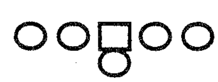
QB:

X Outside 4
Y: Inside 3
Z: Run It 8

F: Check Twist
H: Check Swing

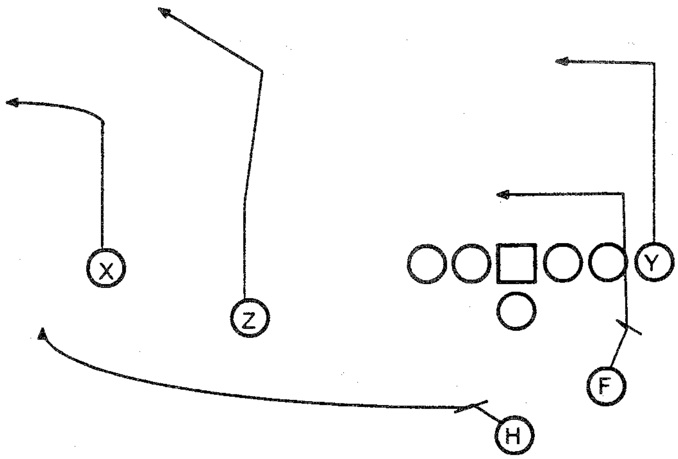
Notes:





473 FLAG

NEAR RT SLOT – LIZ 473 FLAG F-DRAG

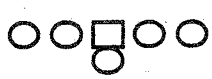


QB:

X Outside 3 (Run It)
Y: Inside 4
Z: Flag 7

F: Check Swing
H: Check Swing

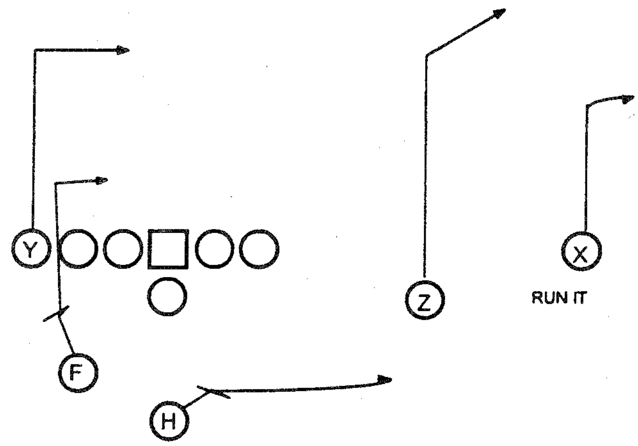
Notes:





473 FLAG

NEAR RT SLOT – LIZ 473 FLAG F-DRAG



QB:

X Run It 3 Route
Y: Inside 4 Route
Z: Flag

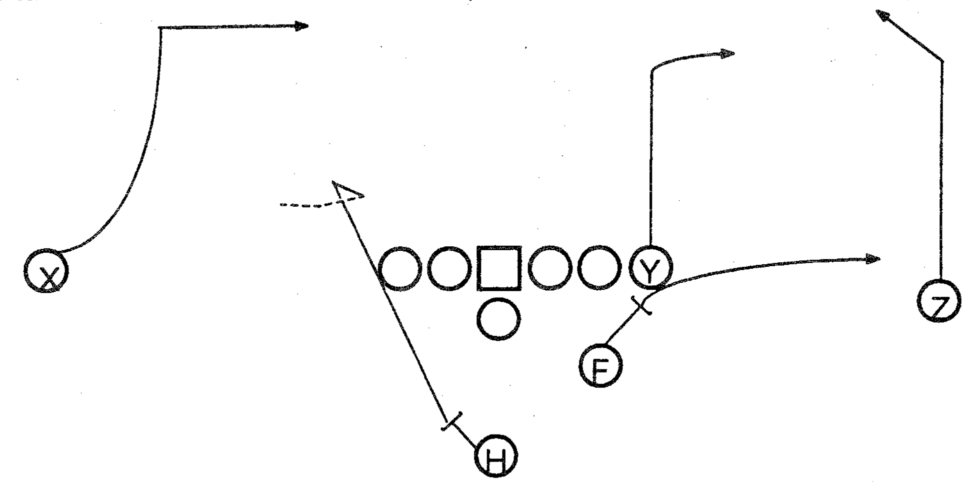
F: Check Drag
H: Check Swing

Notes:





NEAR RT LIZ SEAM 478 F-FLAT HOOK

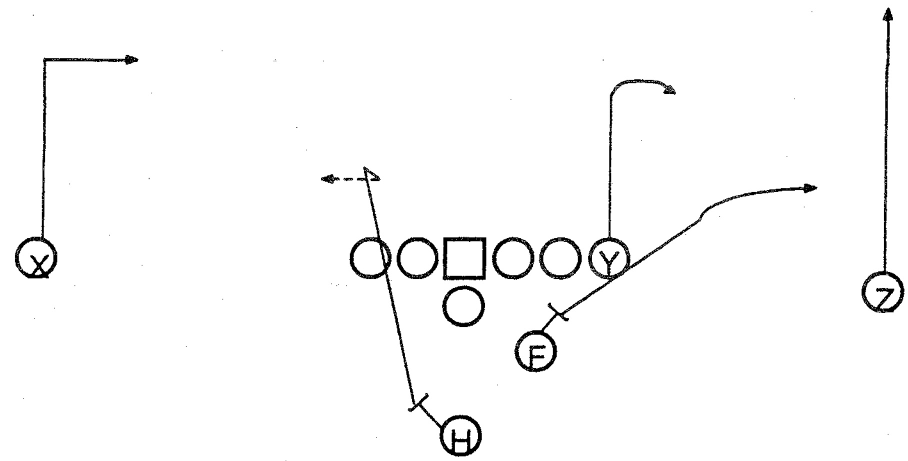


Q

X Seam 4 Route
Y: Inside 7 Route
Z: Outside 8 Route

F: Check Flat
H: Check Hook

NEAR RT LIZ 479 F FLAT HOOK

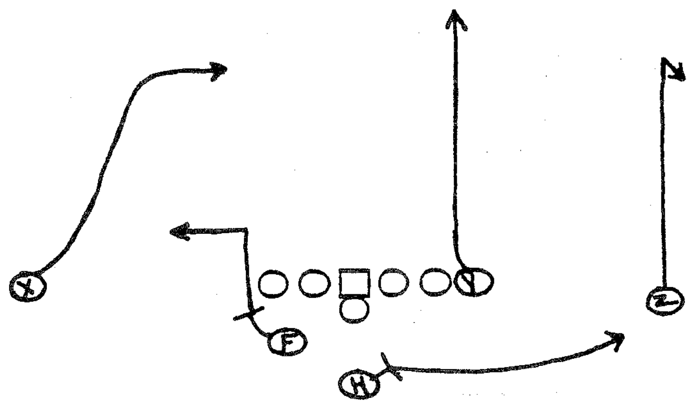


Q

X Outside 4 Route
Y: Insitde 7 Route
Z: Outside 9 Route

F: Check Flat
H: Check Hook

FAR RT RIP SEAM 495 F-OUT



Q

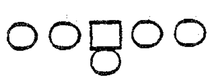
X Seam 4 Route
Y: Inside 9 Route
Z: Outside 5 Route

F: Check Out
H: Check Swing

Notes:

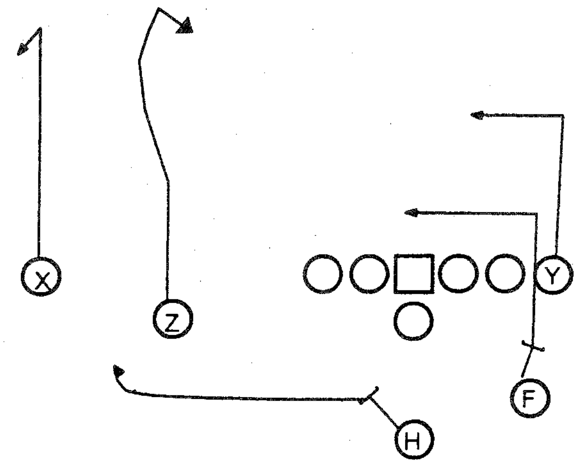








NEAR RT SLOT – LIZ 495 F-DRAG



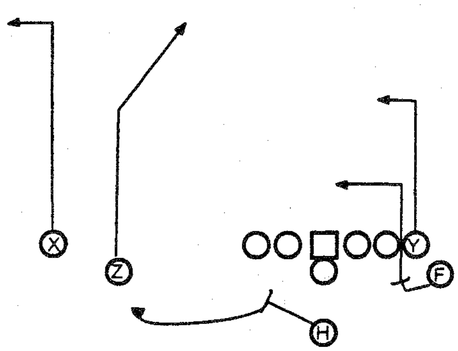
QB:

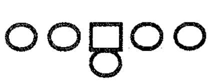
X Outside 5
Y: Inside 4
Z: Inside 9

F: Check Drag
H: Check Swing

Notes:

FLANK RT – LIZ 497 F-DRAG

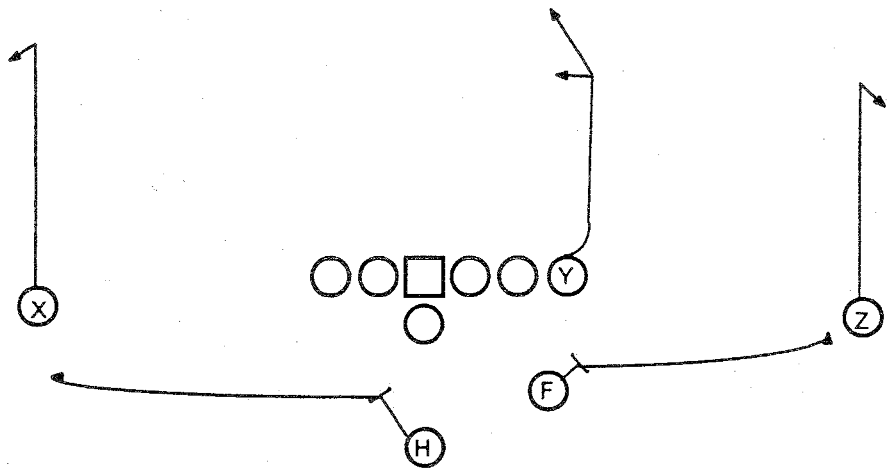






585

NEAR RT – LIZ 585



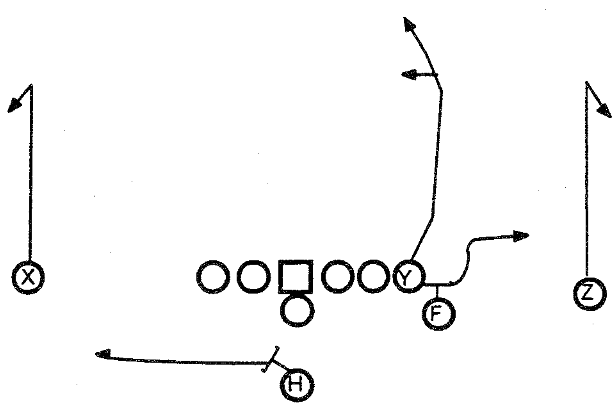
QB:

X Outside 5
Y: Inside 8
Z: Outside 5

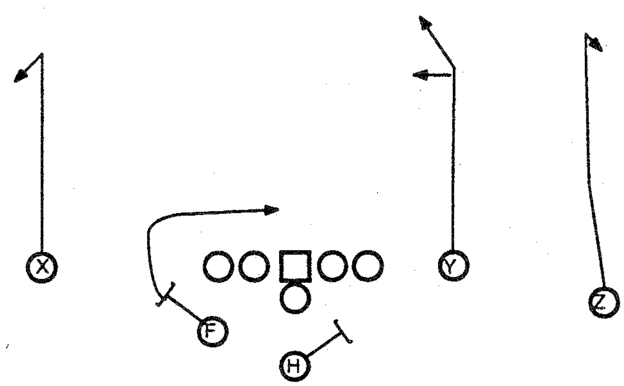
F: Check Swing
H: Check Swing

Notes:

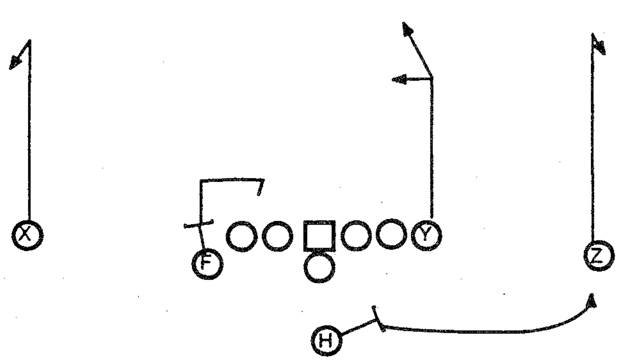
TRIPS RT – LIZ 585



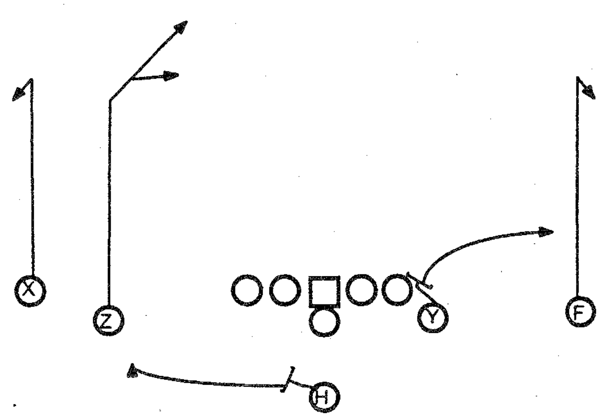
FAR RT OPEN – RIP 585 F-DRAG



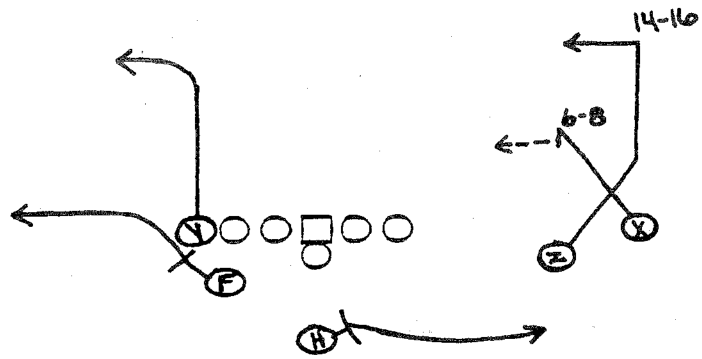
DEUCE RT – RIP 585 F-DRAG



FLEX RT – BRONCO LT 585



NEAR LT SLOT RIP 740 TANGO



Q

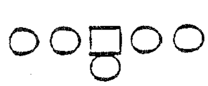
X 1 Route
Y: Inside 7 Route
Z: Outside 4 Route

F: Check Flat
H: Check Swing

Notes:



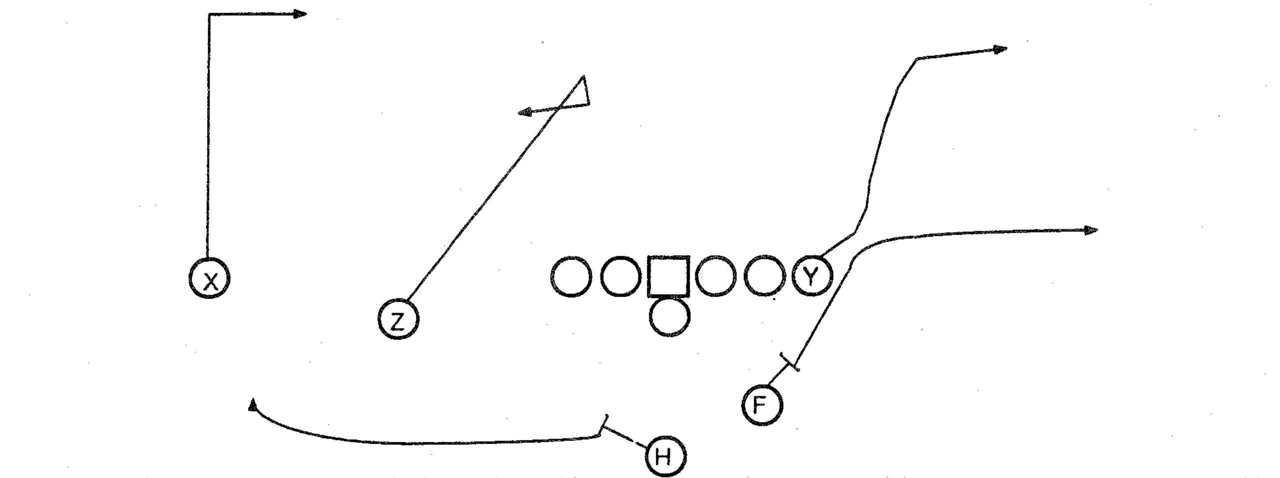






LIZ 764

NEAR RT SLOT – LIZ 764 F-FLAT



QB:

X	Outside 4
Y:	Inside 7
Z:	Inside 6

F:	Check Flat
H:	Check Swing

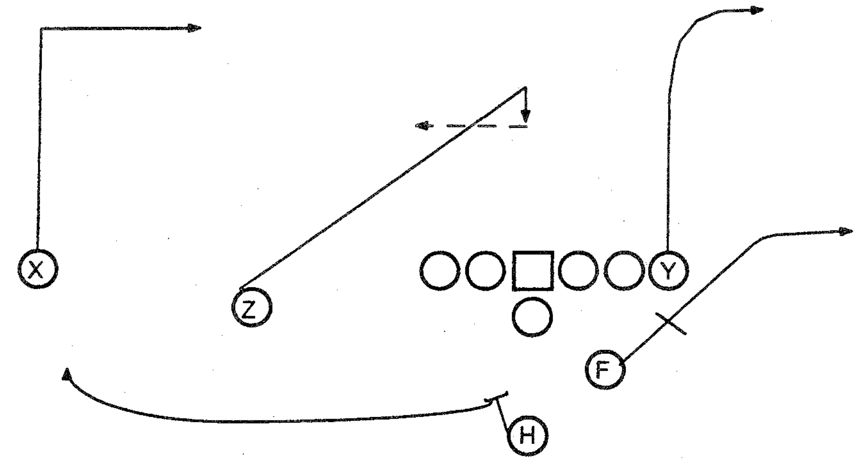
Notes:





764 F-FLAT

NEAR RT SLOT – LIZ 764 F-FLAT



QB:

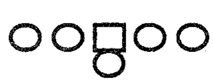
X Outside 4
Y: Inside 7
Z: Inside 6

F: Check Flat
H: Check Swing

Notes:

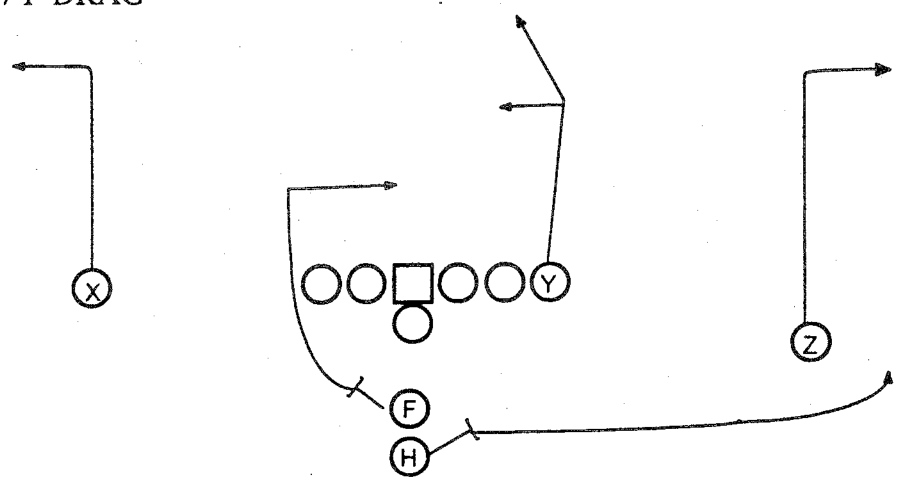








I RT – RIP 787 F-DRAG

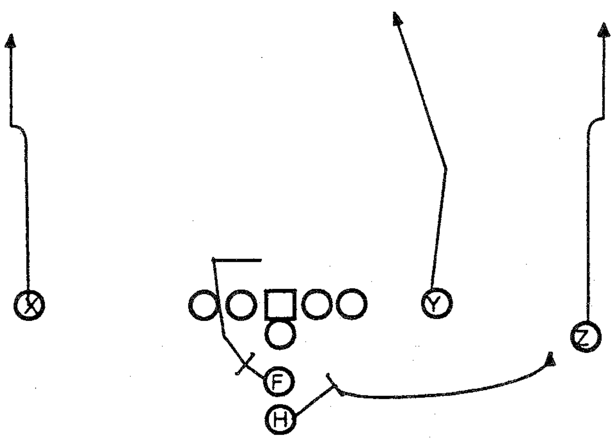


QB:

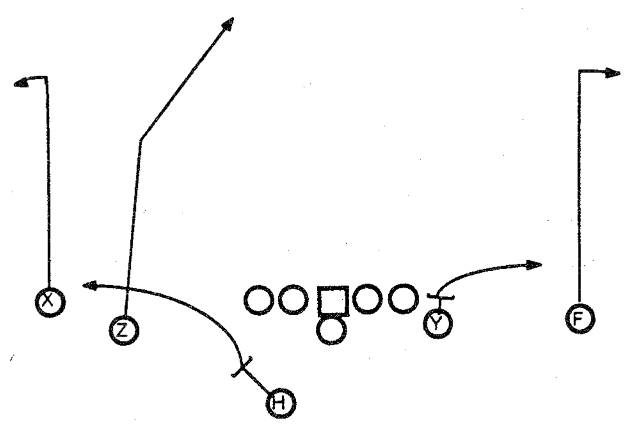
X	Outside 7
Y:	Inside 8
Z:	Outside 7
F:	Check Drag
H:	Check Swing

Notes:

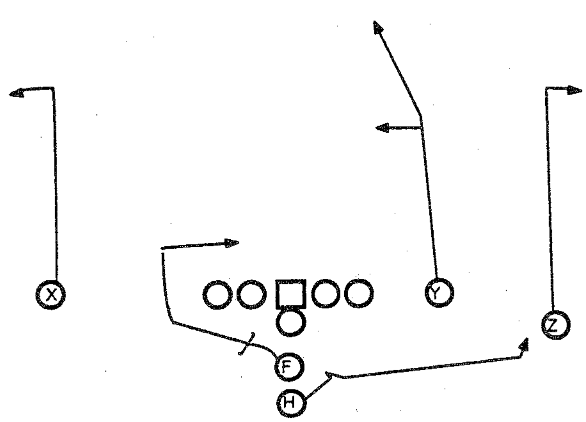
I RT OPEN RIP – 797 PUMP F-DRAG

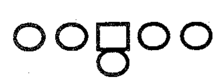


FLEX RT BRONCO LT – 787



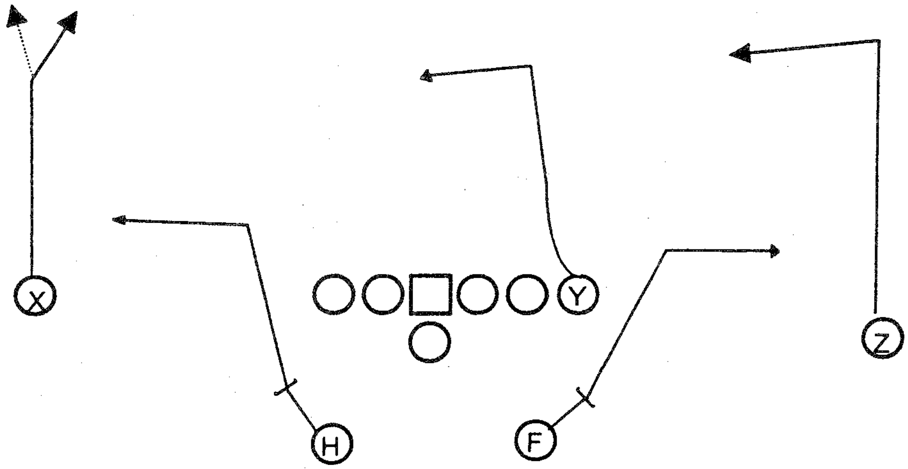
I RT OPEN RIP – 787 F-DRAG





844-894

SPLIT RT – LIZ 844 F & H OUT

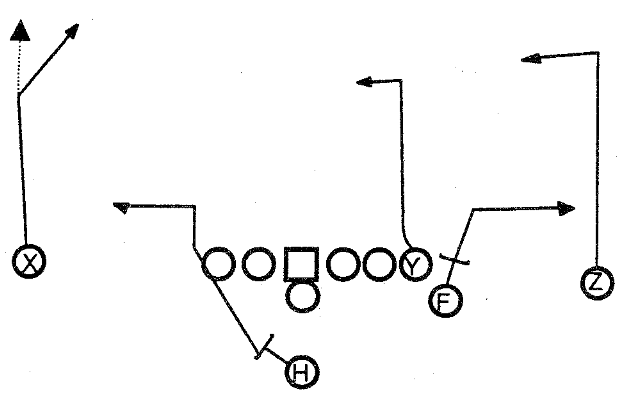


QB:

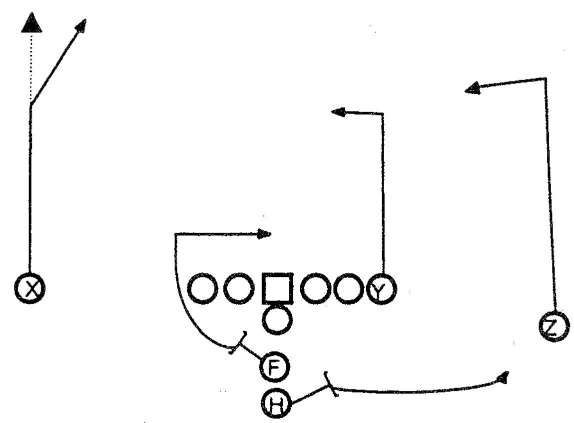
X	Outside 8
Y:	Inside 4
Z:	Outside 4
F:	Check Out
H:	Check Out

Notes:

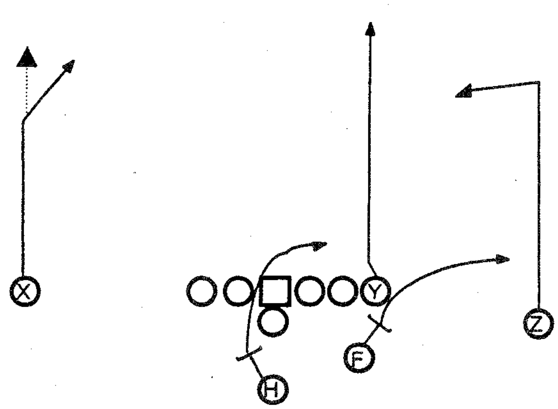
TWINS RT – LIZ 844 F&H OUT



I RT – RIP 844 F DRAG



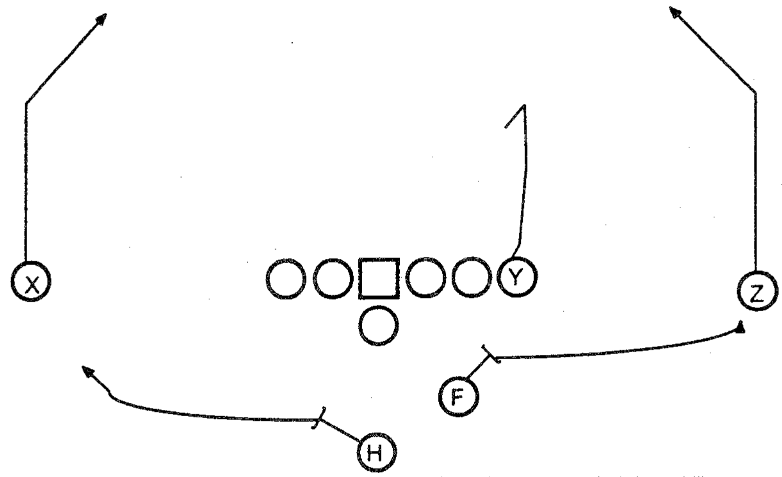
NEAR RT – LIZ 894 RICKY





868 RUN IT

NEAR RT LIZ 868 RUN IT



QB:

X
Y:
Z:

F:
H:

Notes:



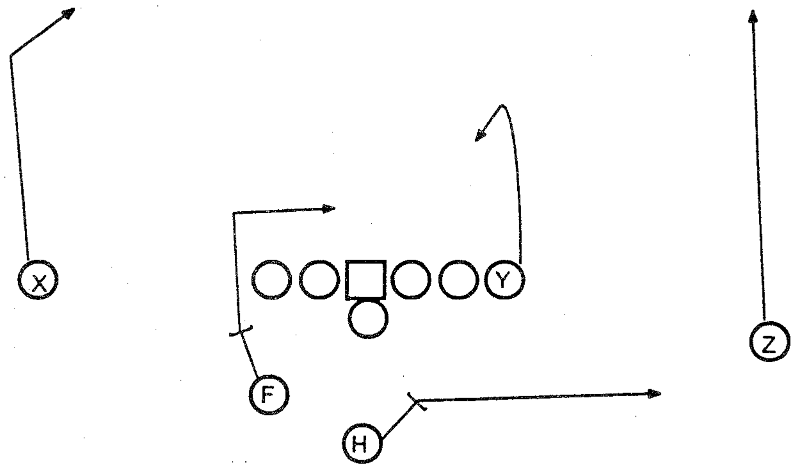






859

FAR RT – RIP 859 F-DRAG

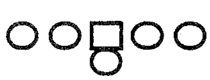


QB:

X Outside 8
Y: Inside 5
Z: Outside 9

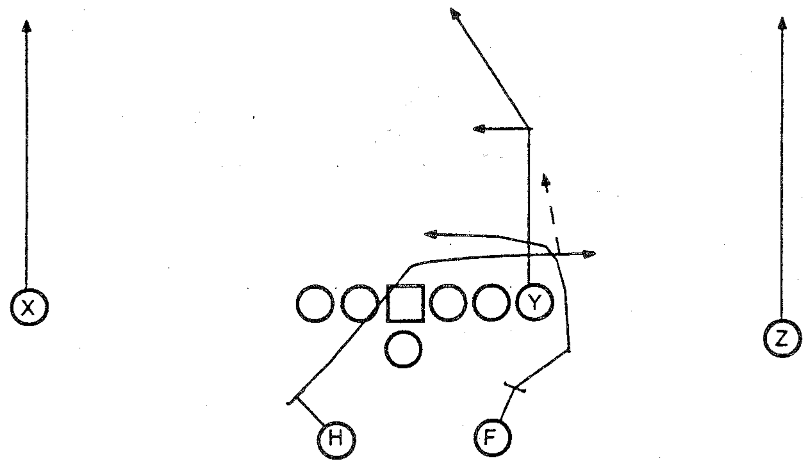
F: Check Drag
H: Check Swing

Notes:





SPLIT RT – LIZ 989 F-RUB/SNEAK

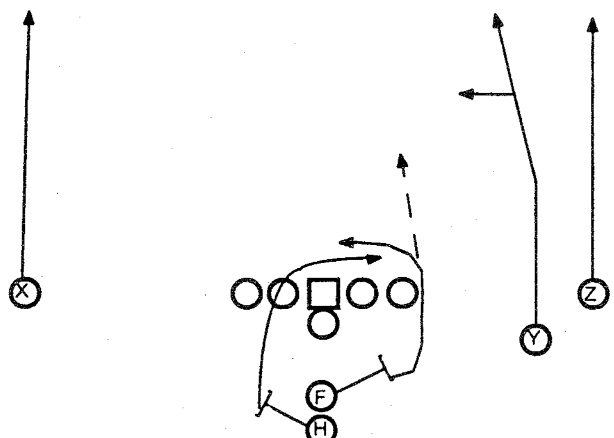


QB:

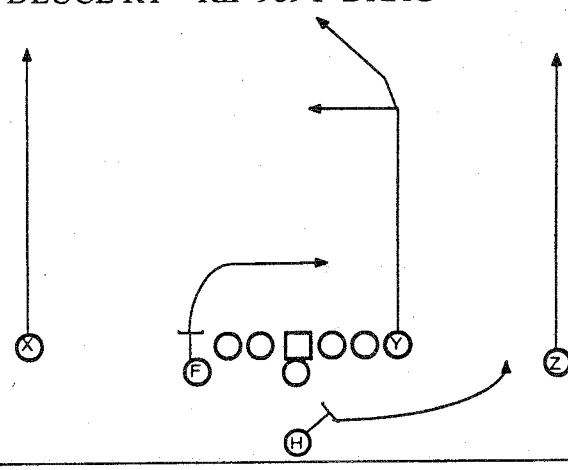
X	Outside 9
Y:	Inside 8
Z:	Outside 9
F:	Check Rub
H:	Check Sneak

Notes:

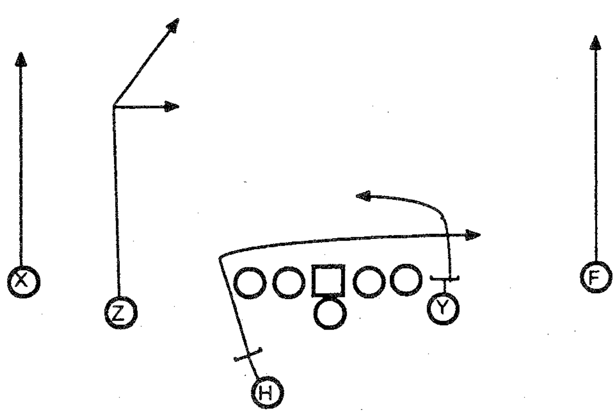
I RT OPEN LIZ – 989 F-RUB/SNEAK

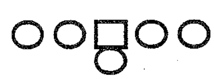


DEUCE RT – RIP 989 F-DRAG



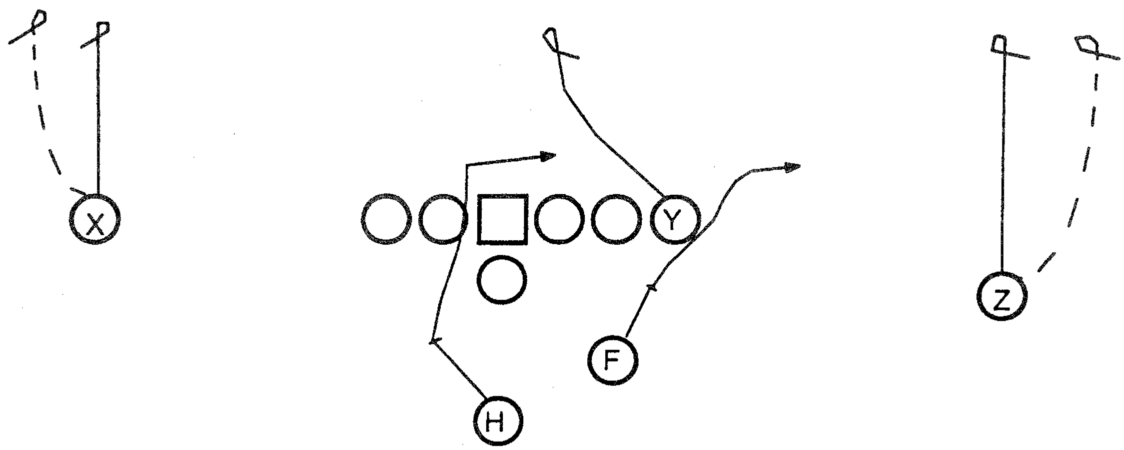
FLEX RT – BRONCO LT 989 BACKS CROSS





PATRIOT

NEAR RT – LIZ PATRIOT



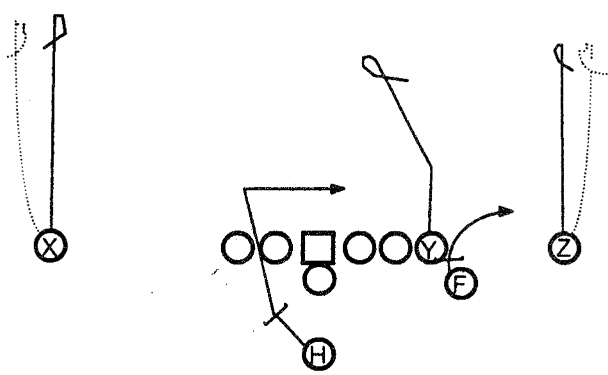
QB:

X Outside Patriot
Y: Inside 6
Z: Outside Patriot

F: Check Cross
H: Check Hook

Notes:

TWINS RT – LIZ PATRIOT









SCAT

SCAT PROTECTION

A two Back or one Back, 6-Man Protection. The Offensive Line has the Down Four, Mike and the call side Backer. The uncovered Linemen to the call have the "Dual" read inside to outside Backer. The Back away from the call will have the outside Backer to secondary Blitzer. Alert "Hard" if your man is in the A Gap. The call side Back is free to run the route called. Alert "Hot."

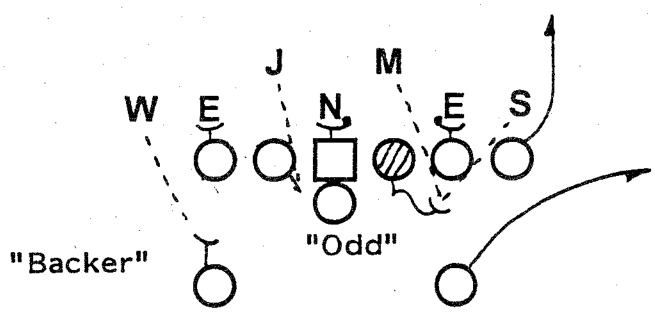
The depth of the pocket will be no deeper than 8 ½ yards.

Offensive Linemen to the side of the call, Alert "Sift".

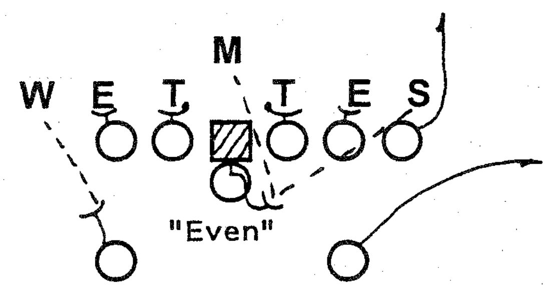
Four Weak will be handled by the Quarterback and the X Receiver.

SCAT RT

34

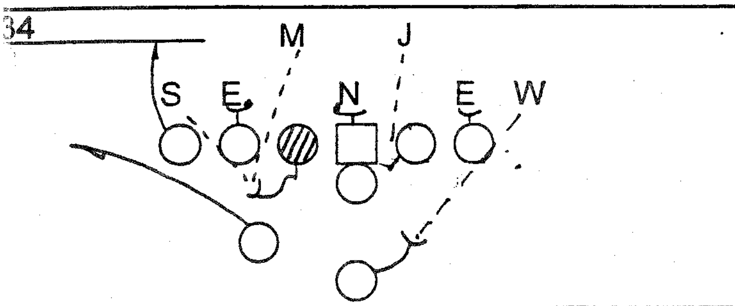


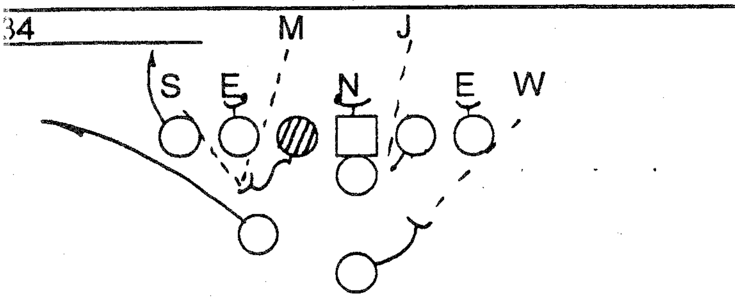
40

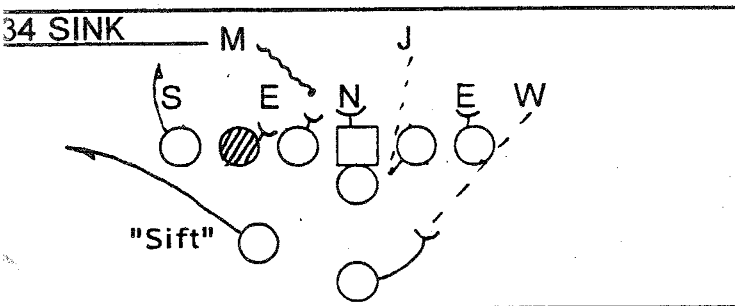


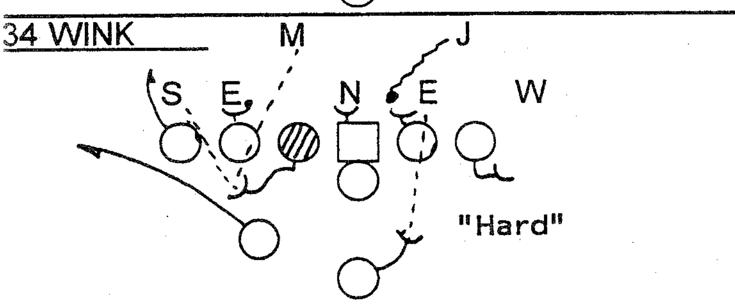
SCAT PROTECTION

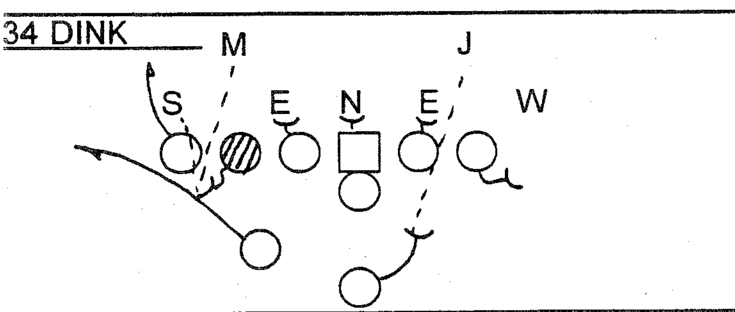
Scat LT

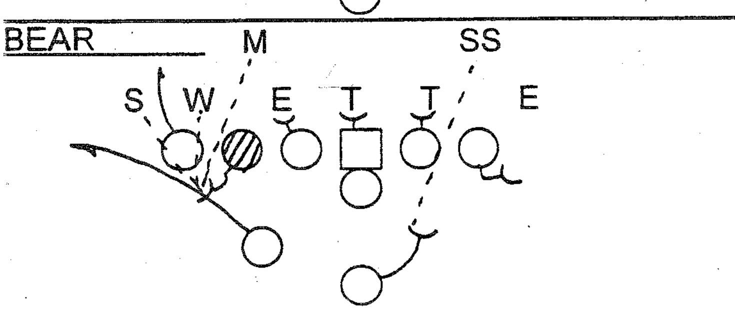




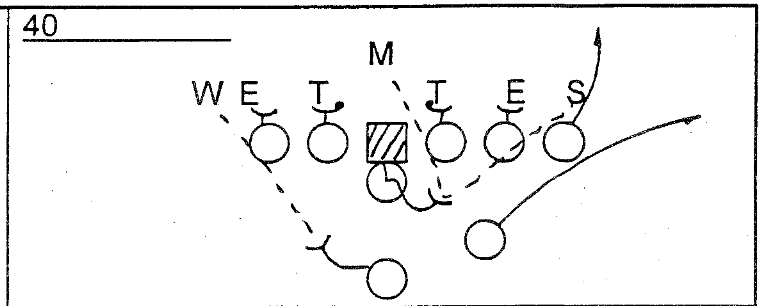


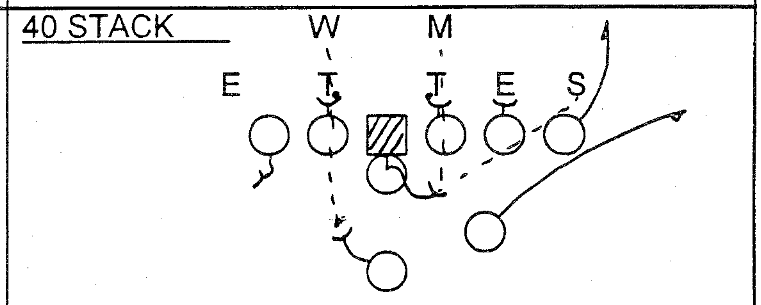


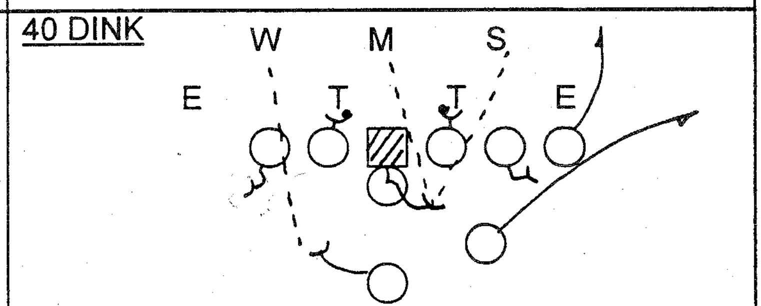


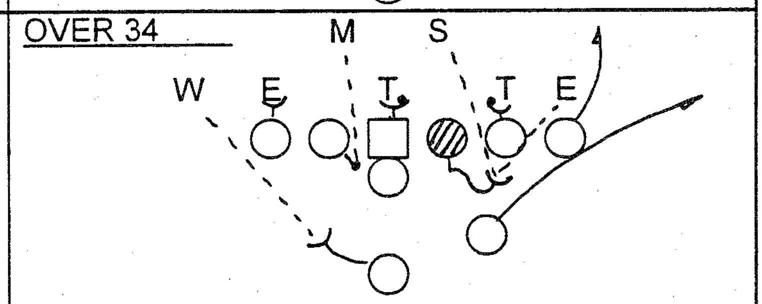


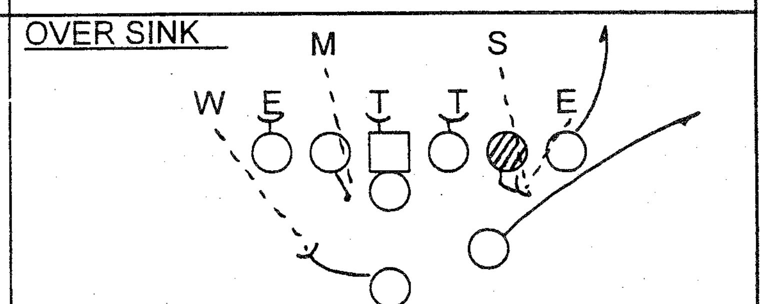
Scat RT

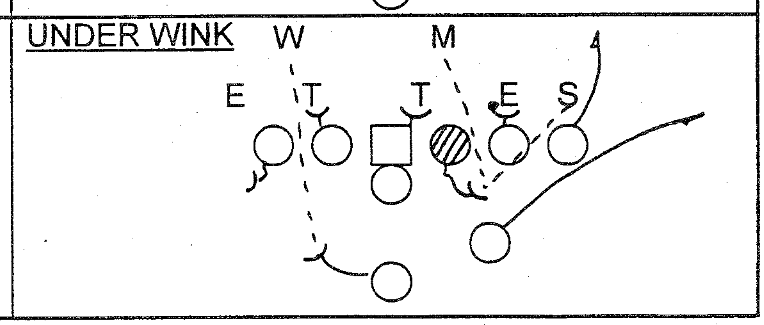












QUICK SCAT PROTECTION

A two Back or one Back 6-Man Protection. The Offensive Line has the Four Down and Mike. There are no "Dual" reads. The Back away from the call will have the outside Backer to the secondary Blitzer. Alert "Hard" if your man is in the A Gap.

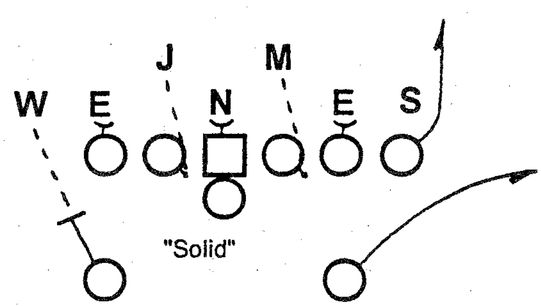
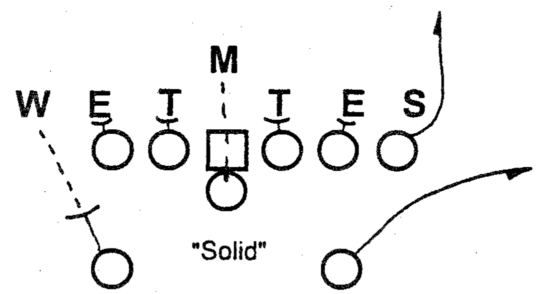
The depth of the pocket will be no deeper than 5 yards.

Offensive Linemen to the side of the call, Alert "Sift".

Four Weak will be handled by the Quarterback and the X Receiver.

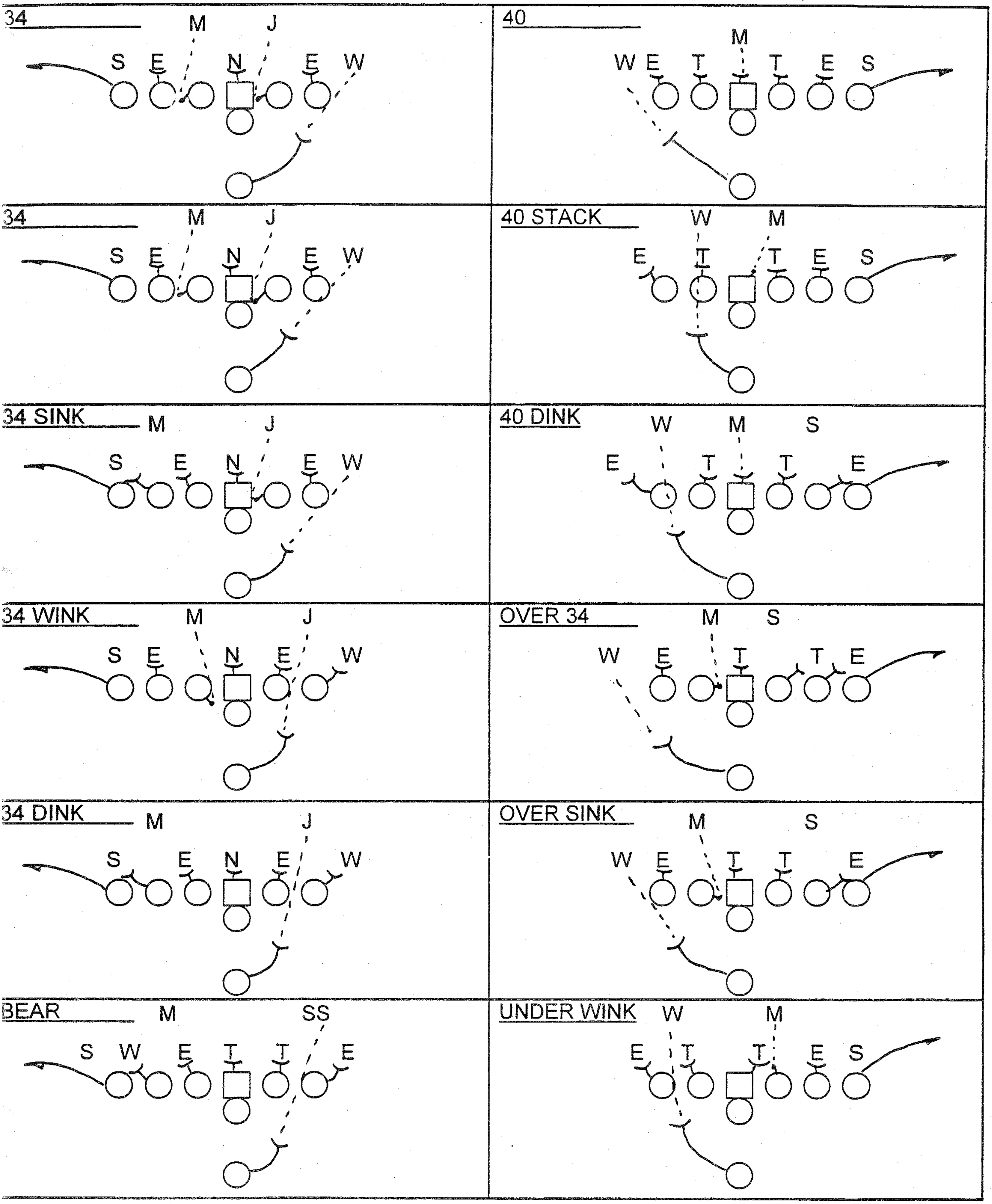
Strong side hots are built in.

QUICK SCAT RT

34	40
	

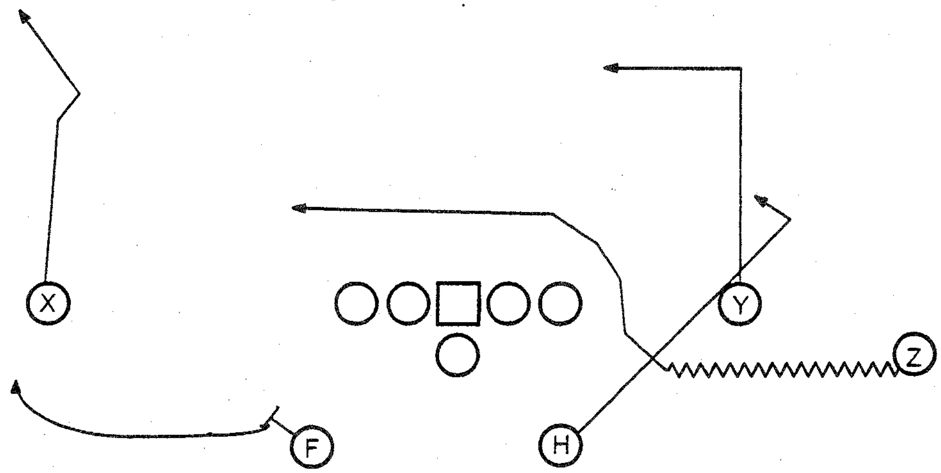
QUICK SCAT PROTECTION

Quick Scat Left | Quick Scat Right



SQUIRREL 40 F-ANGLE

FULL RT OPEN ZIP – SCAT RT SQUIRREL 40 H-ANGLE

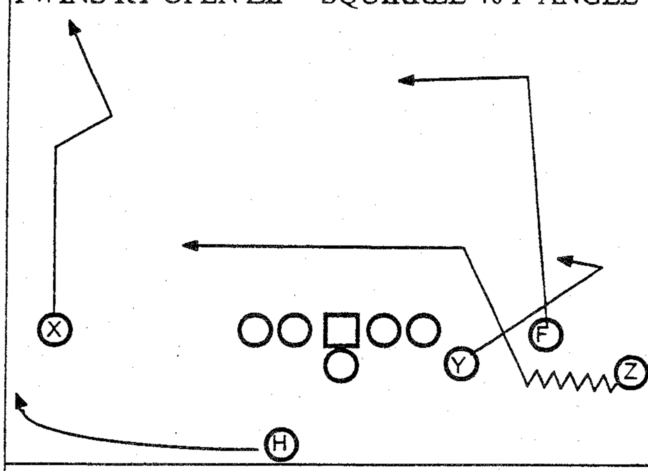


QB:

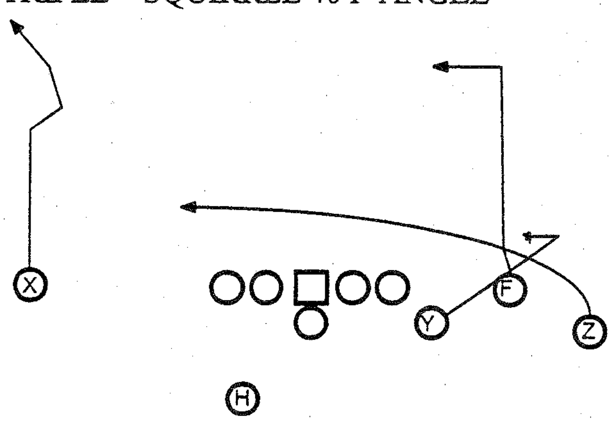
X	Squirrel
Y:	Inside 4
Z:	Zero
F:	Check Swing
H:	Angle

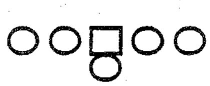
Notes:

TWINS RT OPEN ZIP – SQUIRREL 40 F-ANGLE



TRIPLE – SQUIRREL 40 F-ANGLE

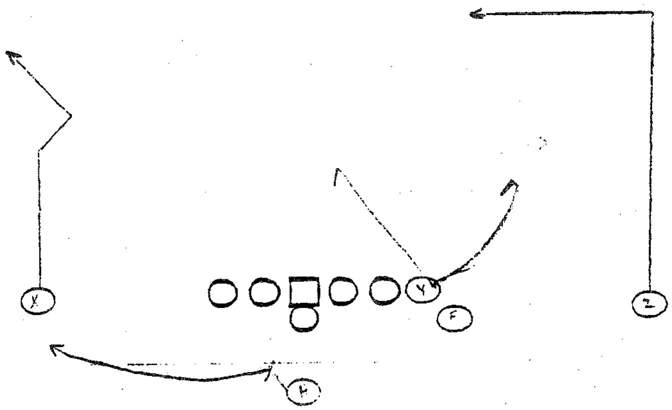






SQUIRREL 54 F-POP

TRIPS RT SCAT RT SQUIRREL 54 F- POP



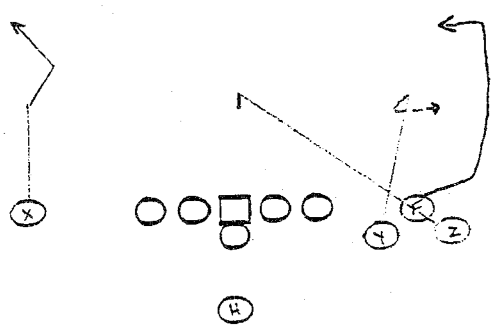
Q

X Post Corner
Y:
Z: Outside 4 Route

F: Pop
H: Check Swing

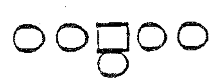
Notes:

BUNCH RT SCAT RT SQUIRREL 54 Z POP



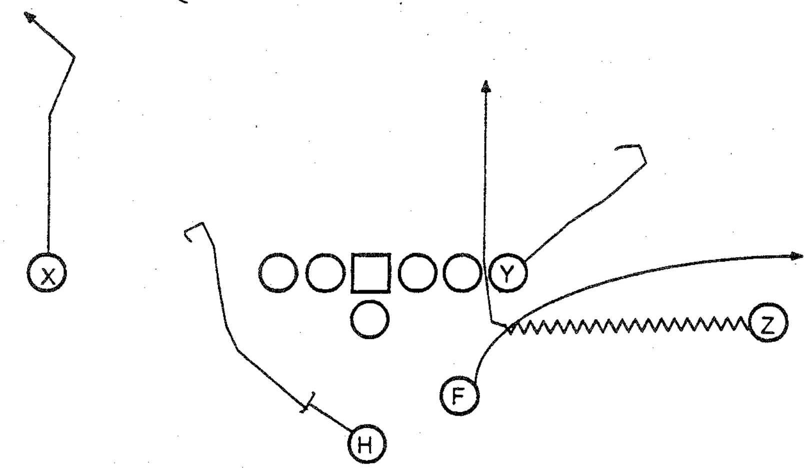






SQUIRREL 57/58 SPECIAL

NEAR RT ZIP – SCAT RT SQUIRREL 58 SPECIAL F-FLAT/HOOK



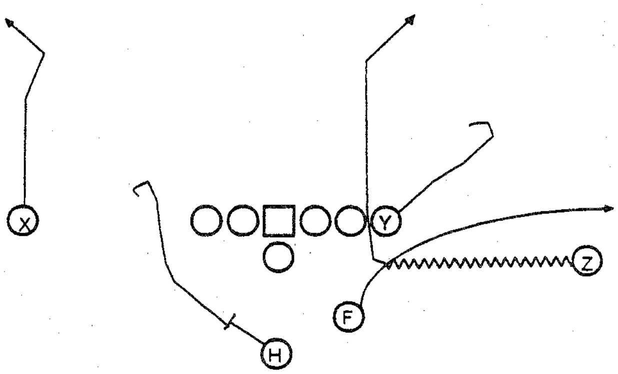
QB:

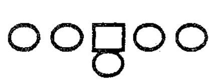
X Ouside Squirrel
Y: Inside 5
Z: Inside 9

F: Flat
H: Check Hook

Notes:

NEAR RT ZIP SCAT RT SQ 57 SPECIAL F FLAT HOOK

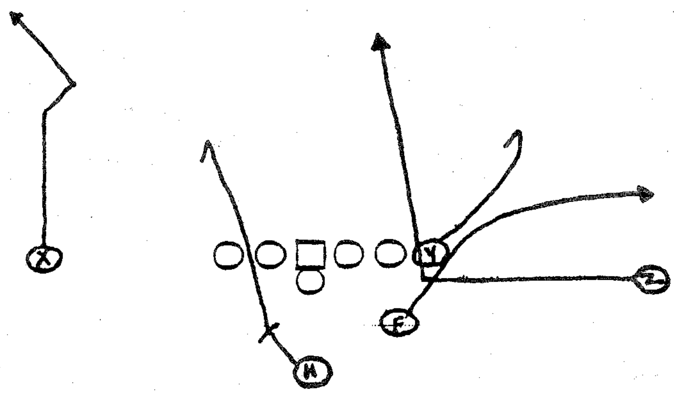






SQUIRREL 58 SPECIAL

NEAR RT ZIP SCAT RT SQUIRREL 58 SPECIAL



Q

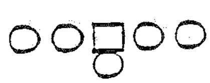
X Post Corner
Y:
Z:

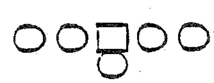
F:
H:

Notes:



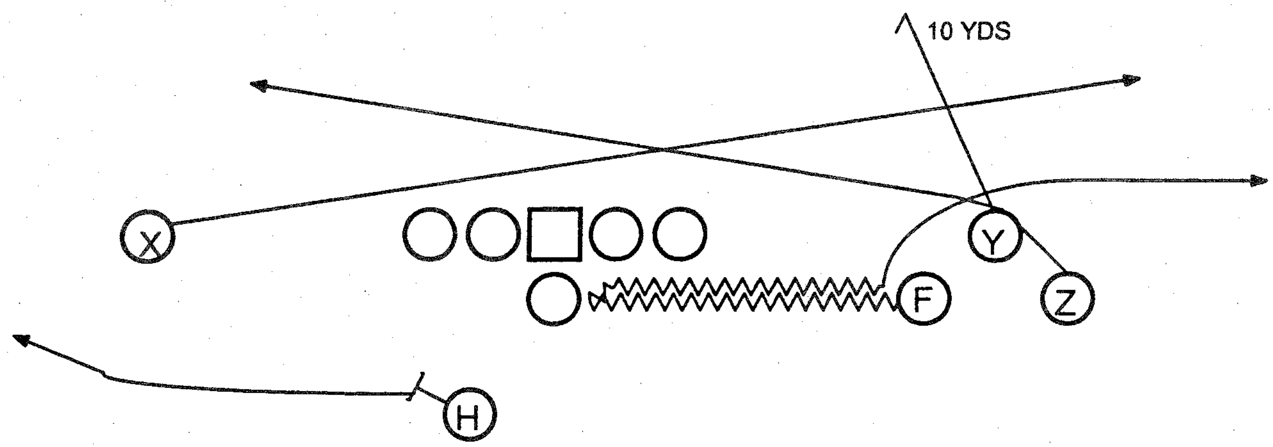




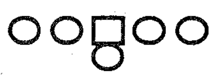


022 STOP

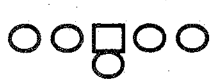
TRIPLE RT ORBIT SCAT RT 022 STOP



QB: X Y: Z: F: H:	Notes:



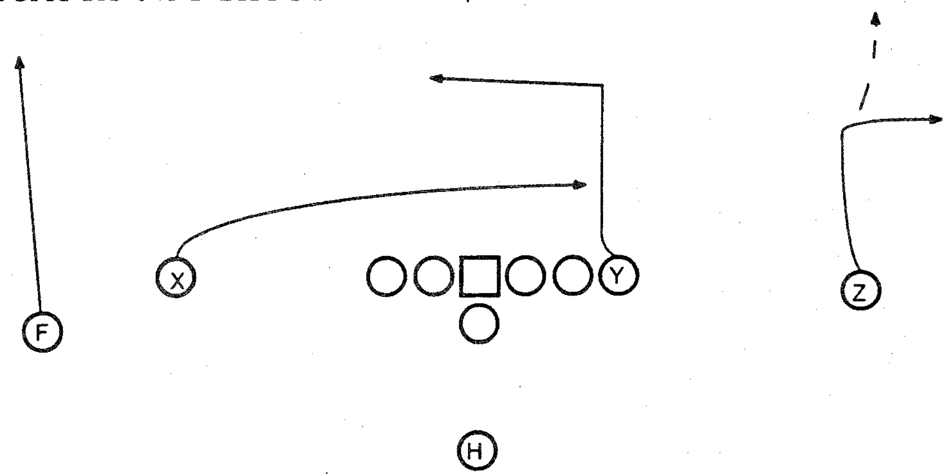






043 F-SHOOT

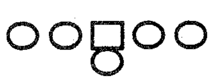
DUAL RT SCAT RT 043 F-SHOOT



QB: X Y: Z: F: H:	Notes:



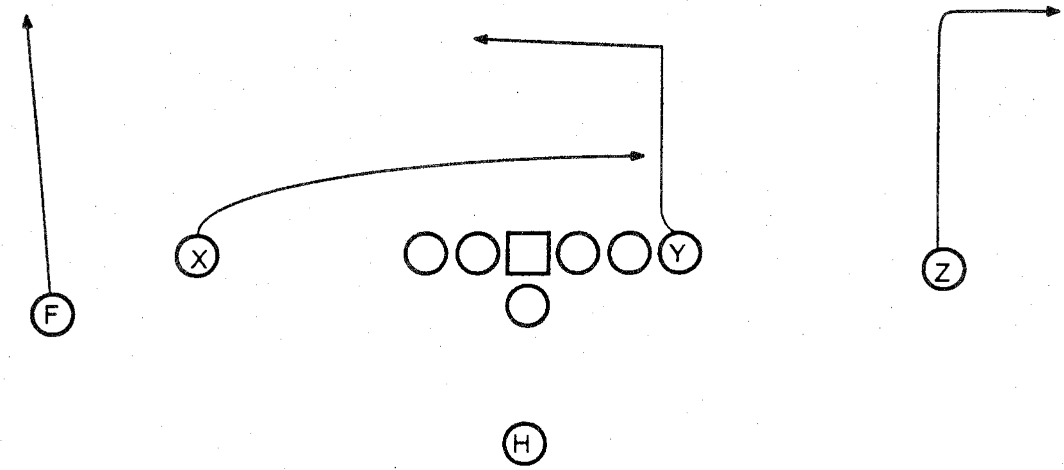






047 F-SHOOT

DUAL RT SCAT RT 047 F-SHOOT

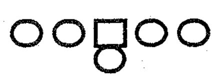


QB:

X
Y:
Z:

F:
H:

Notes:



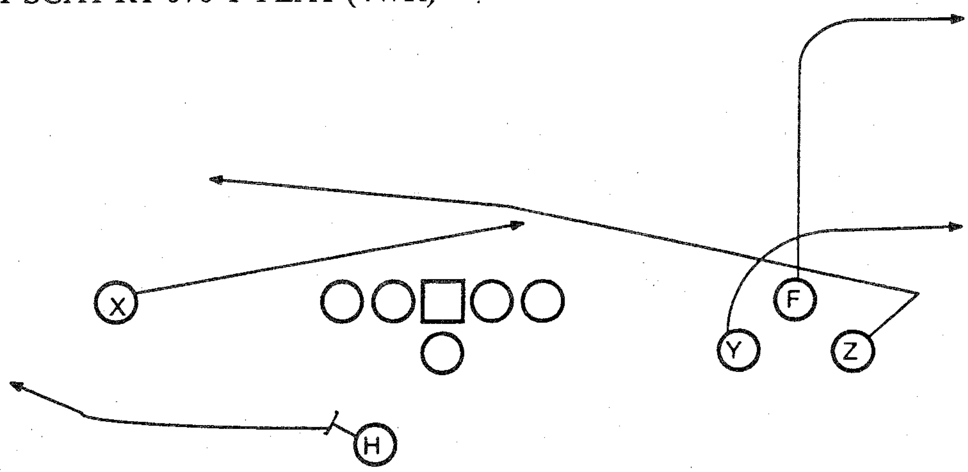






070 Y-FLAT

BUNCH RT SCAT RT 070 Y-FLAT (4WR)

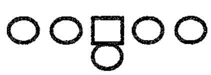


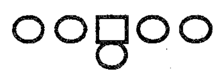
QB:

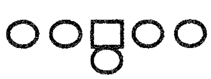
X
Y:
Z:

F:
H:

Notes:



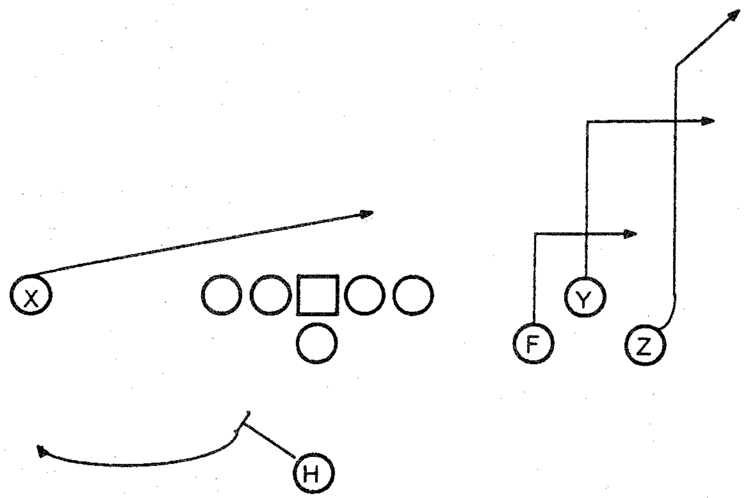






077 FLAG F-OUT

TRIPLE RT SCAT RT 077 F-FLAG OUT

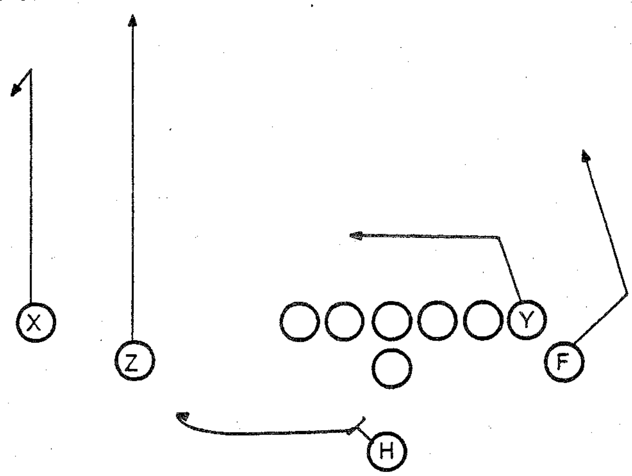


Q

X Inside 0 Route
Y: Inside 7 Route
Z: Flag

F: Out
H: Check Swing

FLANK RT – SCAT RT 095 F-POST



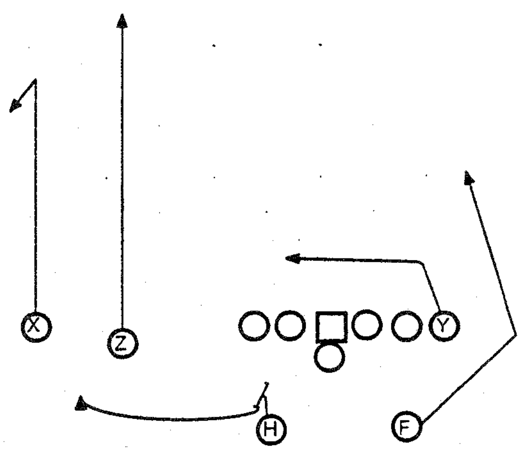
QB:

X Outside 5
Y: Zero
Z: Slot 9

F: Post
H: Check Swing

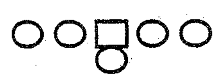
Notes:

SPLIT RT SLOT – SCAT RT 095 F-POST

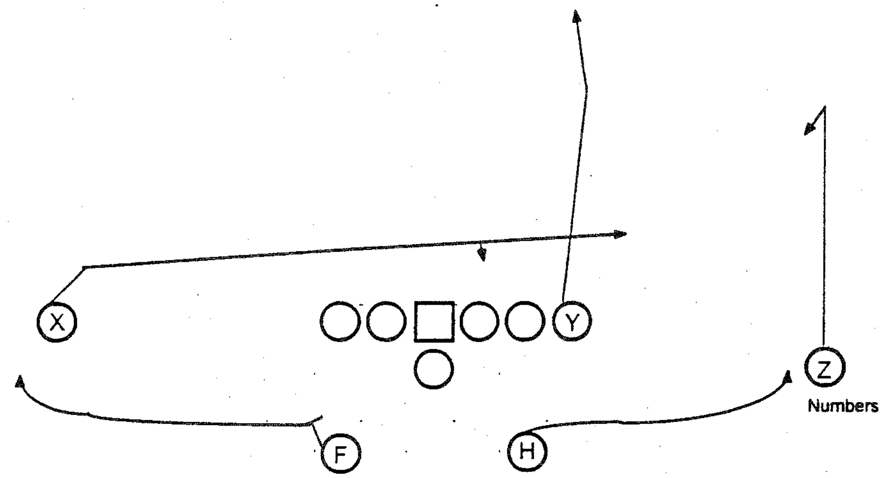








FULL RT – SCAT RT 096



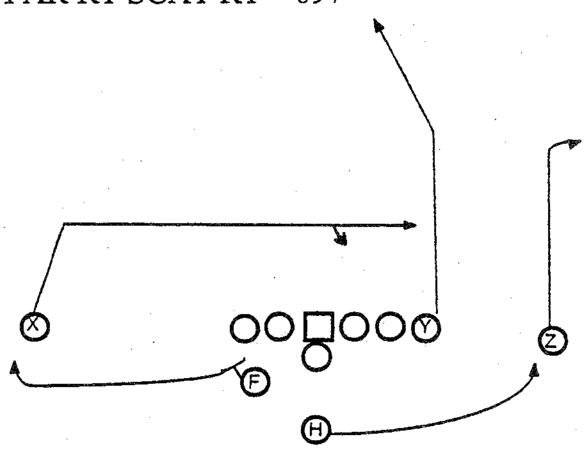
QB:

X Outside 0
Y: Inside 9
Z: Outside 6

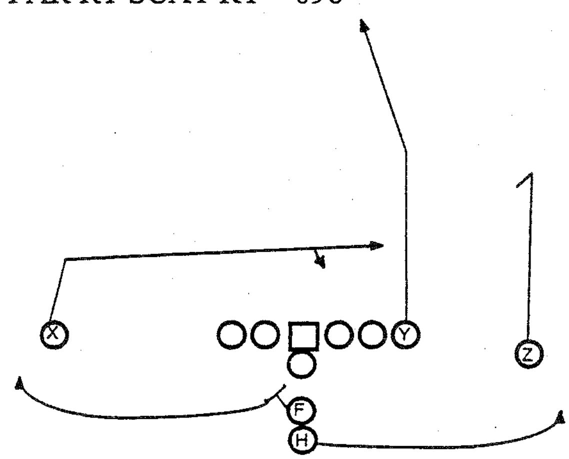
F: Check Swing
H: Swing

Notes:

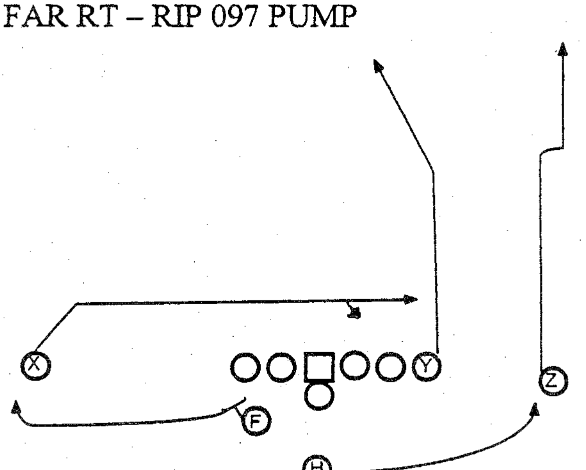
FAR RT SCAT RT – 097



FAR RT SCAT RT – 096



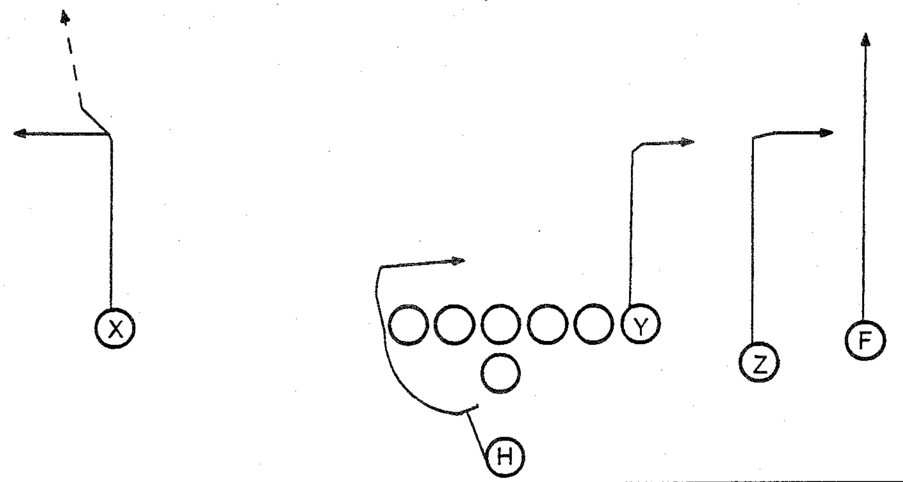
FAR RT – RIP 097 PUMP





339

TROJAN RT – SCAT RT 339 F-3 DRAG



QB:

X Outside 3
Y: Inside 3
Z: Outside 3

F: Outside 9
H: Check Drag

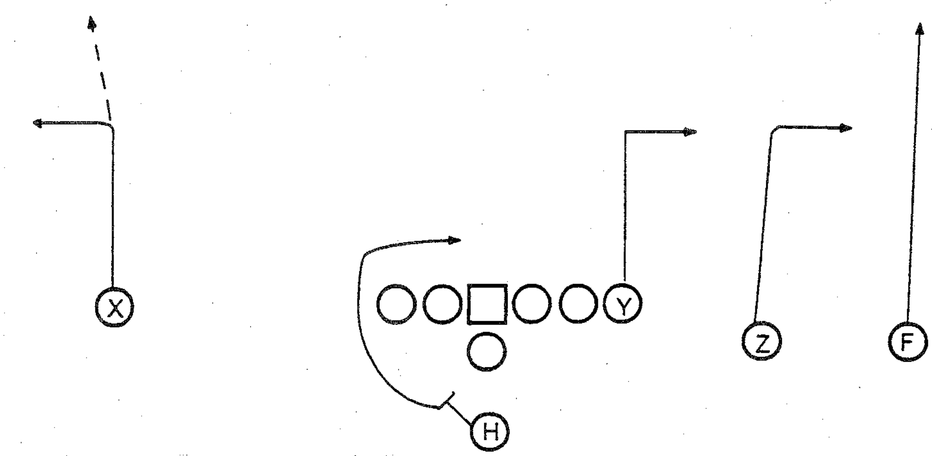
Notes:





339- F-3

TROJAN RT – SCAT RT 339 F-3 DRAG

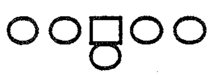


QB:

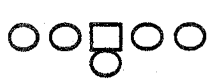
X Outside 3
Y: Inside 3
Z: Outside 3

F: 9 Outside Release
H: Check Drag

Notes:



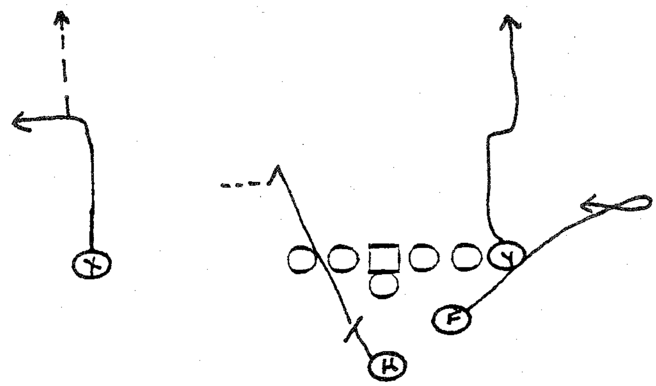






339 PUMP

NEAR RT SCAT RT 339 PUMP F TWIST HOOK



QB:

X

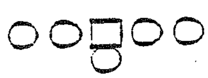
Y:

Z:

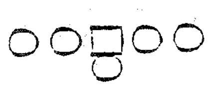
F:

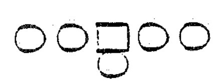
H:

Notes:



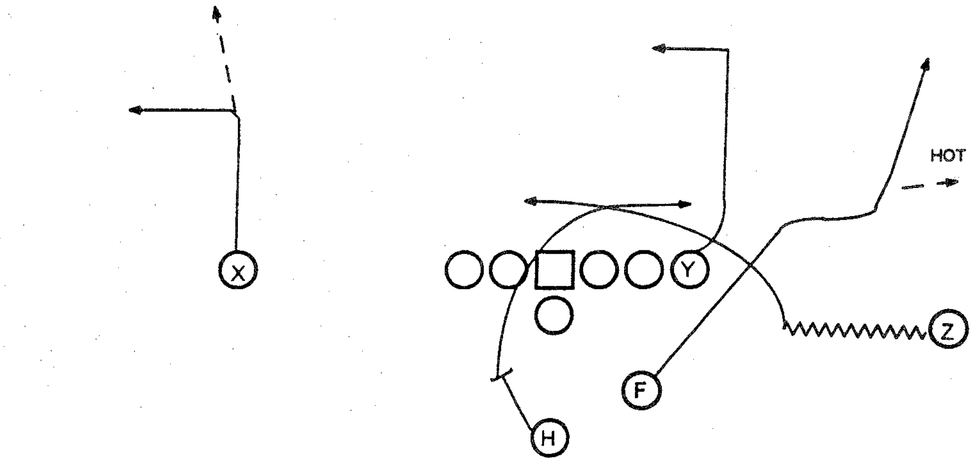






340

NEAR RT ZIP SCAT RT 340 F SHOOT BURST



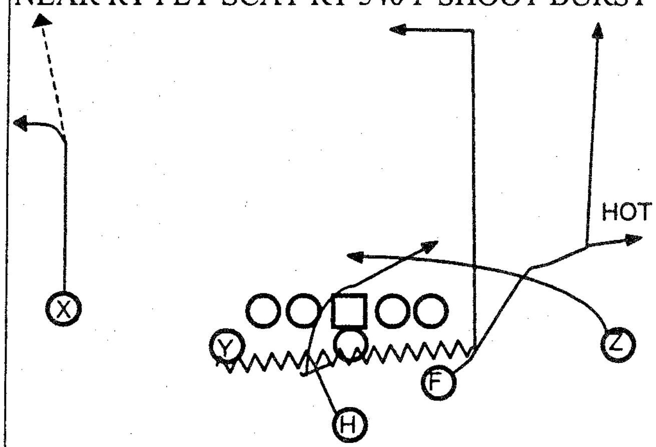
QB:

X Outside 3
Y: Inside 4
Z: Zero

F: Shoot
H: Check Sneak

Notes:

NEAR RT FLY SCAT RT 340 F SHOOT BURST

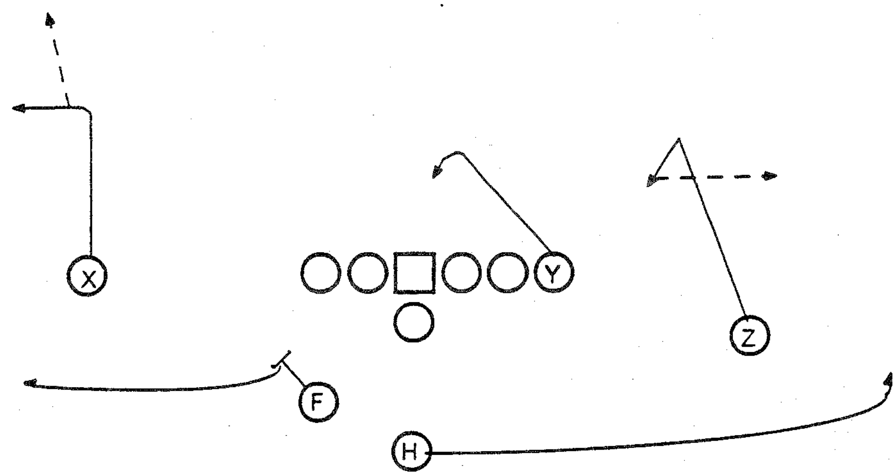






360-370 WHIP

FAR RT – SCAT RT 360 WHIP



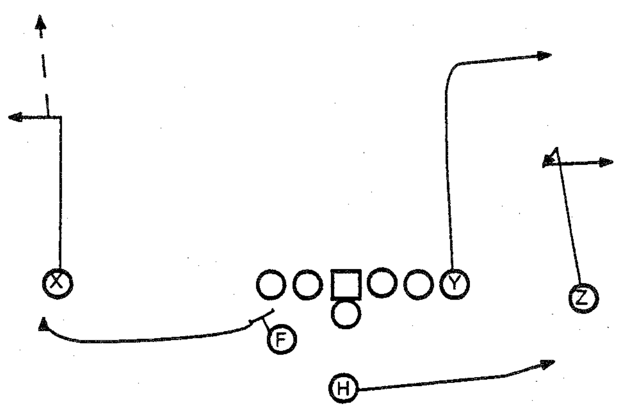
QB:

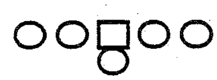
X Outside 3
Y: Inside 6
Z: Whip

F: Check Swing
H: Swing

Notes:

FAR RT – SCAT RT 370 WHIP

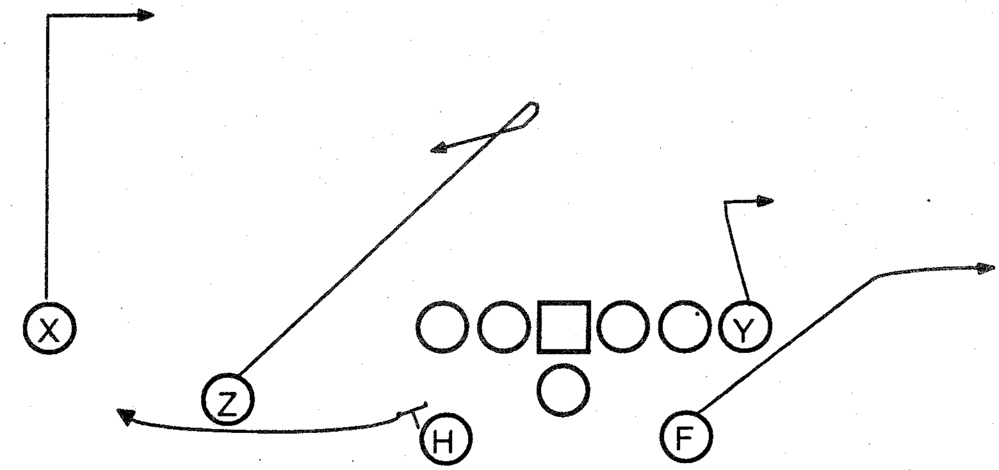








SPLIT RT SLOT – SCAT RT 364 F-FLAT

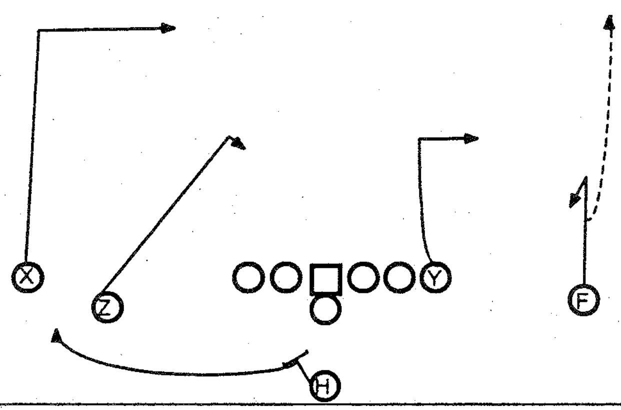


QB:

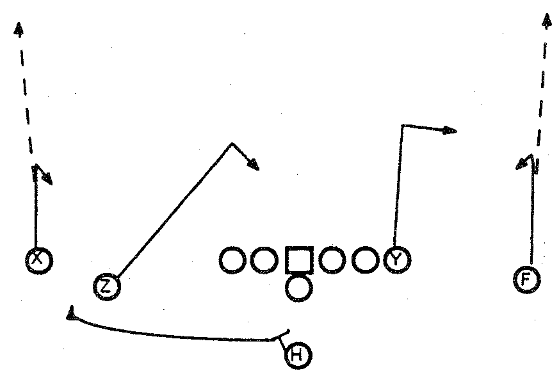
X	Outside 4
Y:	Inside 3
Z:	Inside 6
F:	Flat
H:	Check Swing

Notes:

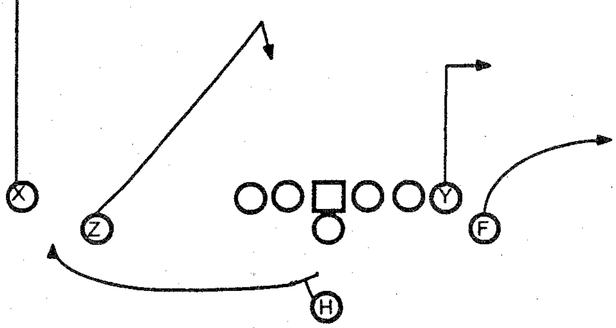
FLEX RT – SCAT 364 F-HITCH

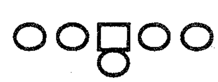


FLEX RT – SCAT RT 361 DBL HITCH



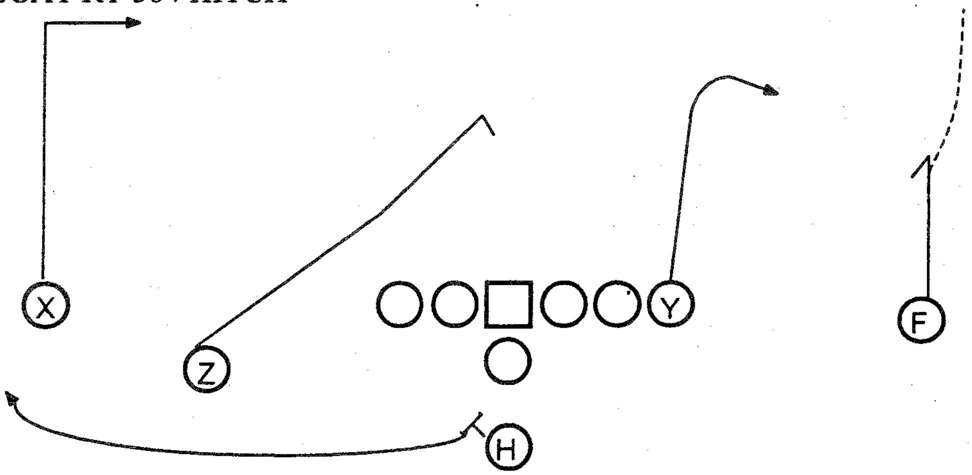
FLANK RT – SCAT RT 364 F-FLAT





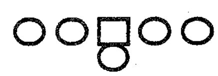
364 HITCH

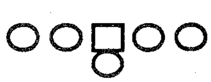
FLEX RT SCAT RT 364 HITCH

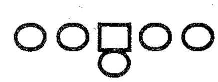


QB:	Notes:
X Y: Z: F: H:	



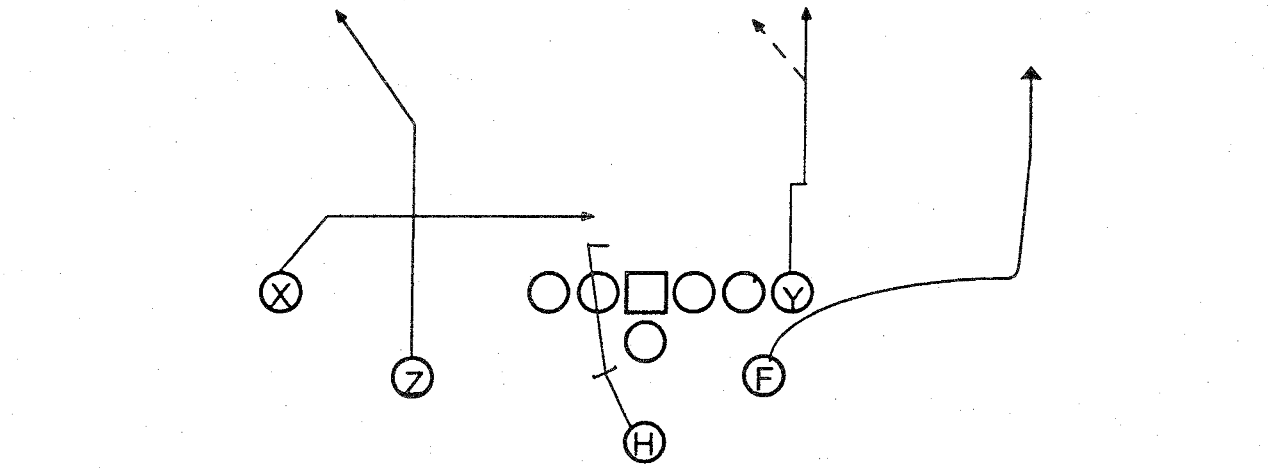






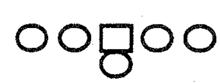
370

NEAR RT SCAT RT 370 F SHOOT PUMP HOOK



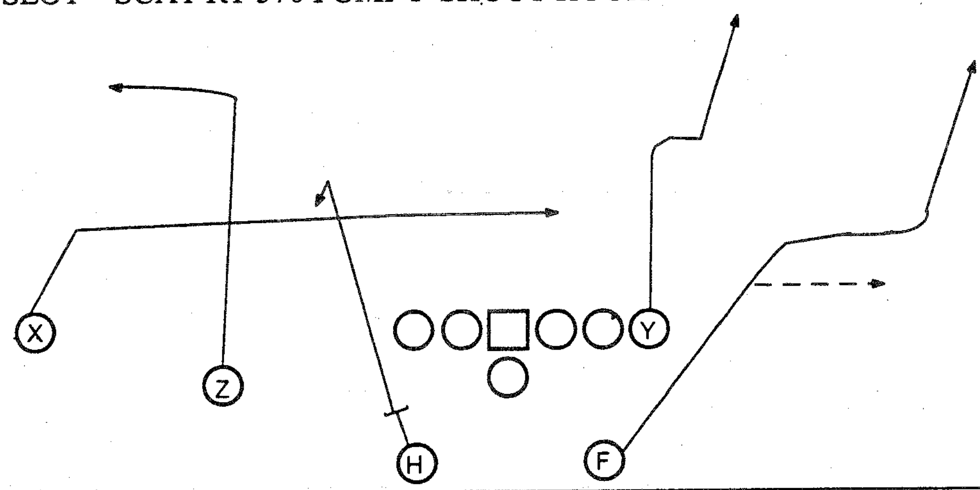
QB:	Notes:
X OUTSIDE 0 ROUTE Y: INSIDE 3 PUMP Z: INSIDE 7 ROUTE F: SHOOT H: CHECK HOOK	





SLOT 370

SPLIT RT SLOT – SCAT RT 370 PUMP F-SHOOT HOOK

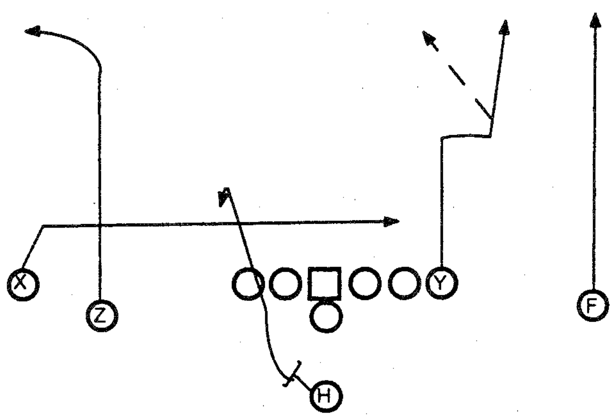


QB:

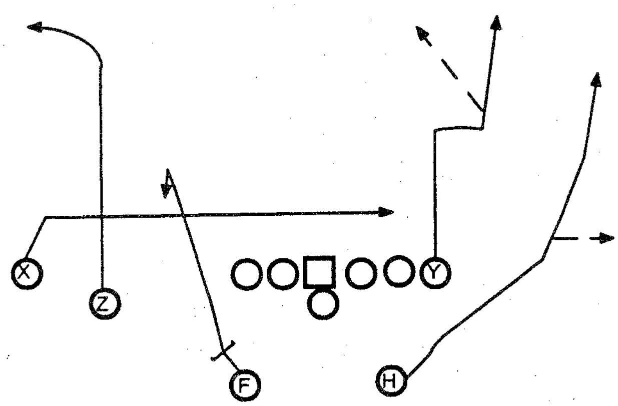
X	Outside 0
Y:	3 Pump
Z:	7
F:	Shoot
H:	Check Hook

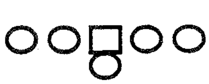
Notes:

FLEX RT – 370 PUMP F-SHOOT HOOK



FULL RT SLOT – 370 PUMP H-SHOOT

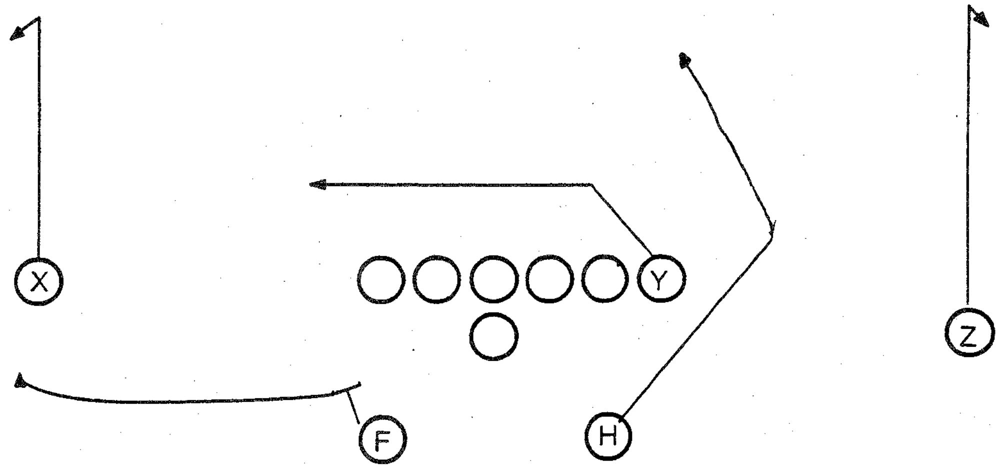






525

FULL RT - SCAT RT 525 H-POST



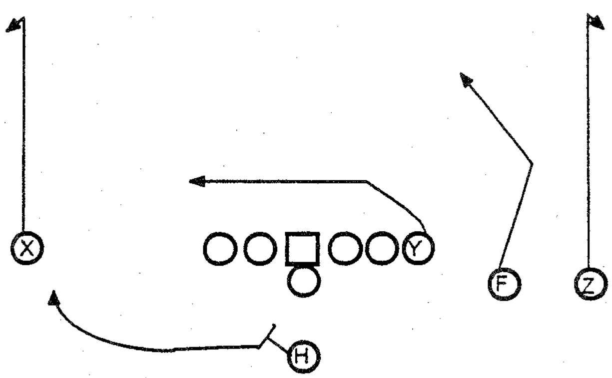
QB:

X Outside 5
Y: Inside 2
Z: Outside 5

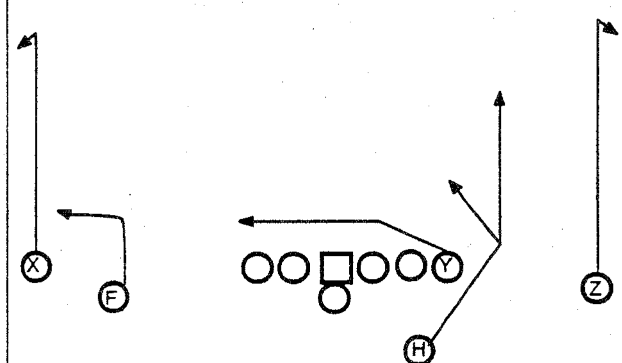
F: Check Swing
H: Post

Notes:

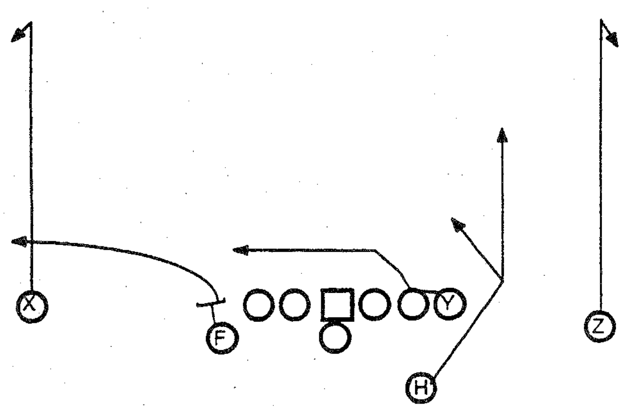
TWINS RT SCAT RT – 525 F-POST



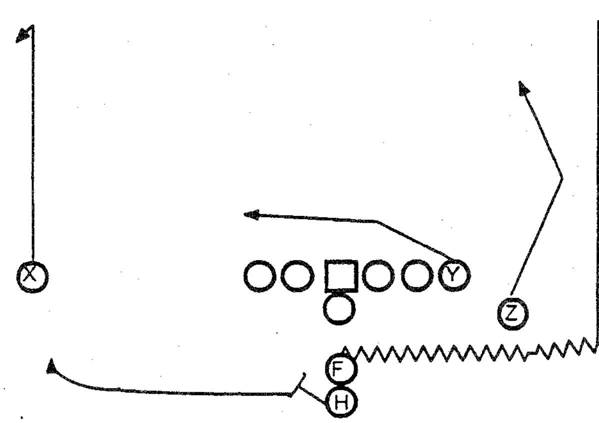
DOUBLE RT SCAT RT – SCRAM RT 525 H-POST



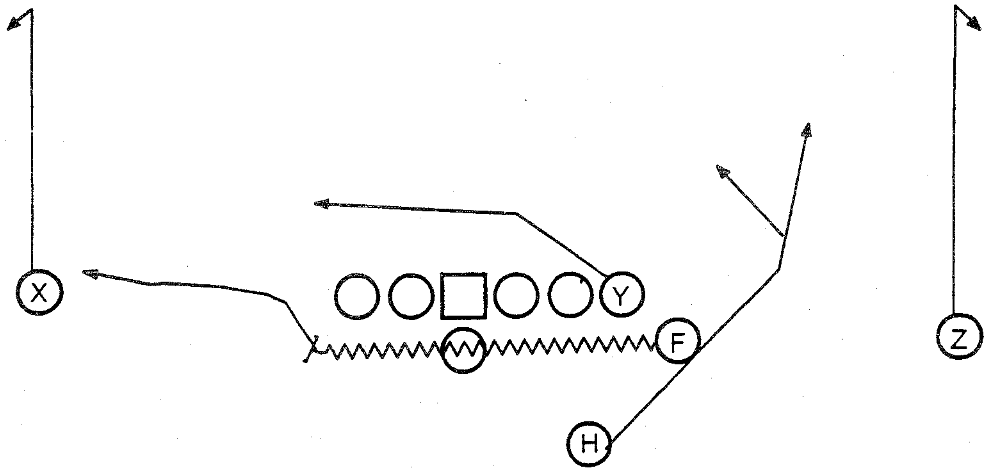
HB DEUCE RT SCAT RT – 525 H-POST



I RT BUZZ SCAT RT – 525 Z-POST



HB DEUCE RT JAM – SCAT RT 525 H-POST

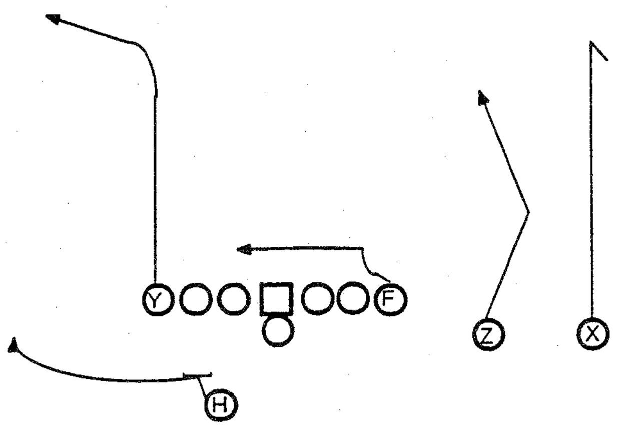


QB:

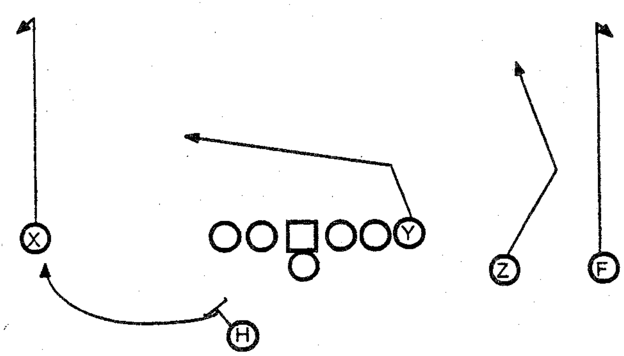
X	Outside 5
Y:	Inside 2
Z:	Outside 5
F:	Check Flat
H:	Post

Notes:

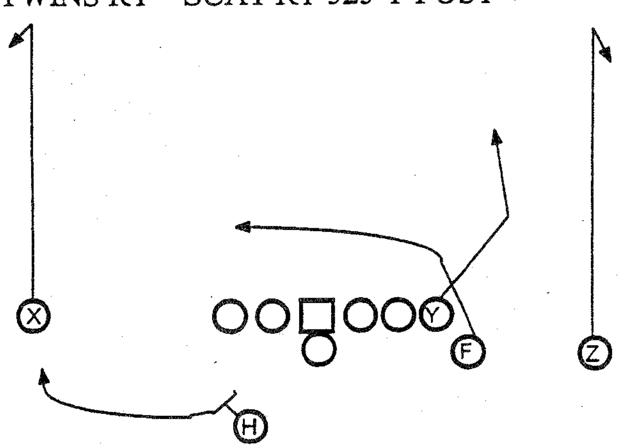
TEX RT – SCAT RT 725 Z POST



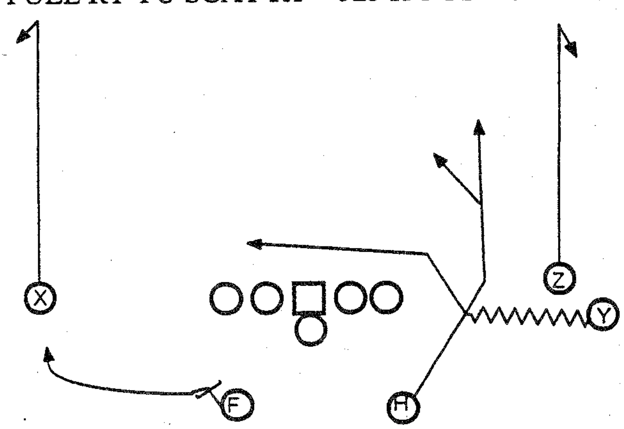
TROJAN RT SCAT RT – 525 Z POST



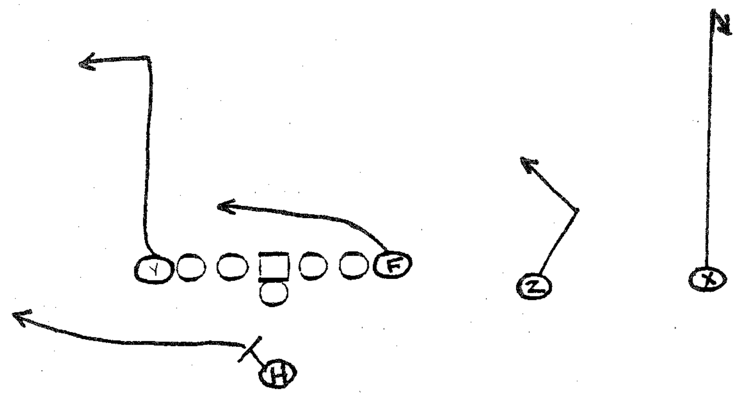
TWINS RT – SCAT RT 525 Y POST



FULL RT YO SCAT RT – 525 H-POST 3 WR'S



TEX RT SCAT RT 725 Z POST



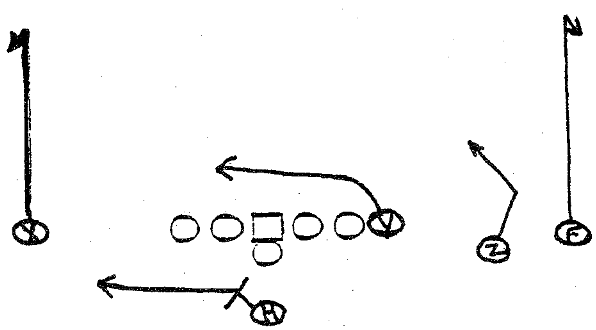
Q

X Outside 5 Route
Y: Inside 7 Route
Z: Post

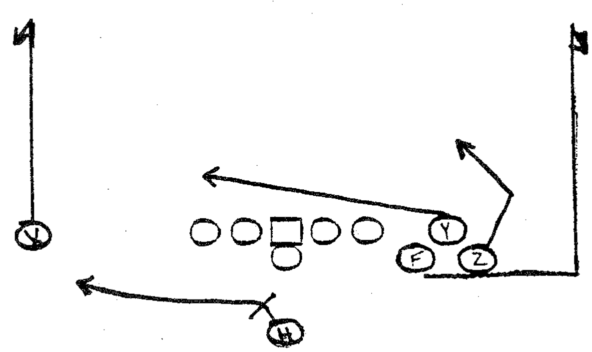
F: Inside 2 Route
H: Check Swing

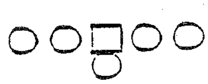
Notes:

TROJAN RT SCAT RT 525 Z POST



TRIPLE RT BUZZ SCAT RT 525 Z POST

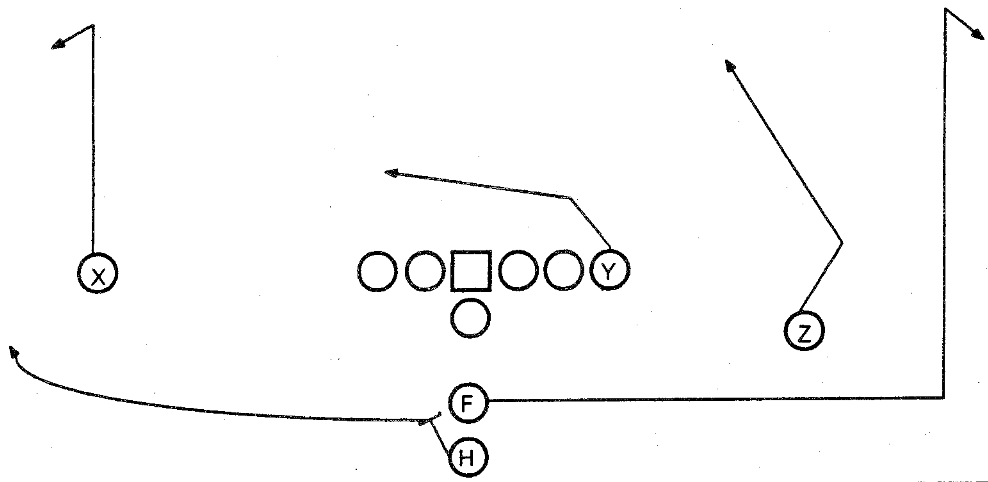






525 F- POST

I RT BUZZ SCAT RT 525 F-POST



QB:

X
Y:
Z:

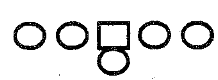
F:
H:

Notes:



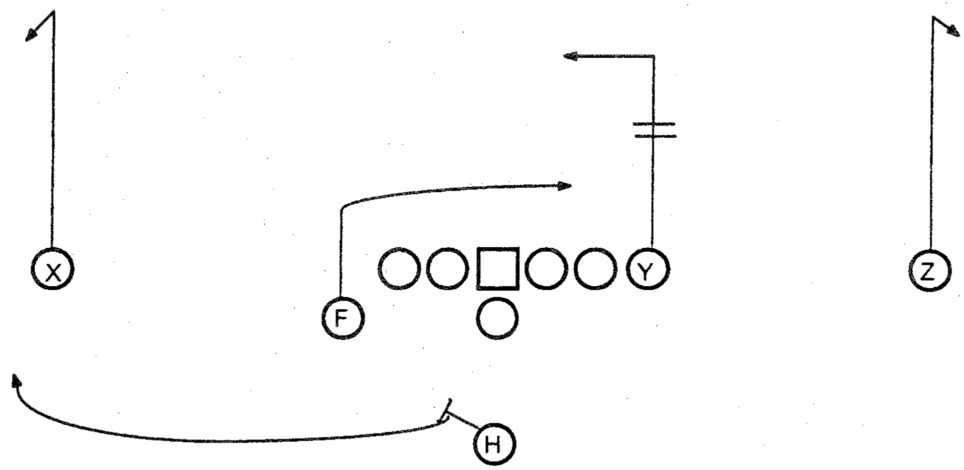






545 F-DRAG

DEUCE RT FB SCAT RT 545 F-DRAG



QB:

X
Y:
Z:

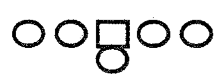
F:
H:

Notes:



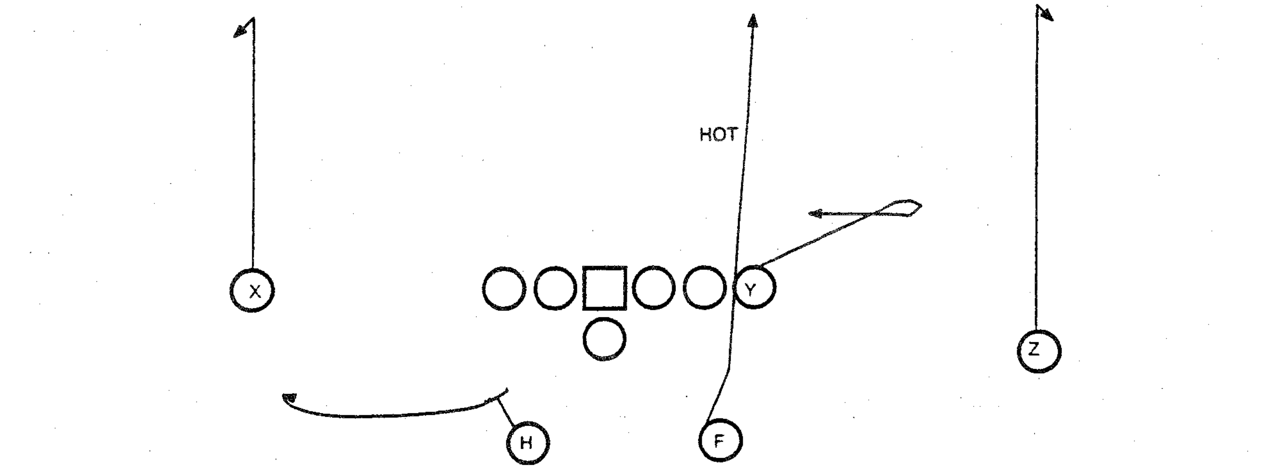






555 Y TWIST

SPLIT RT SCAT RT 555 Y TWIST F-UP



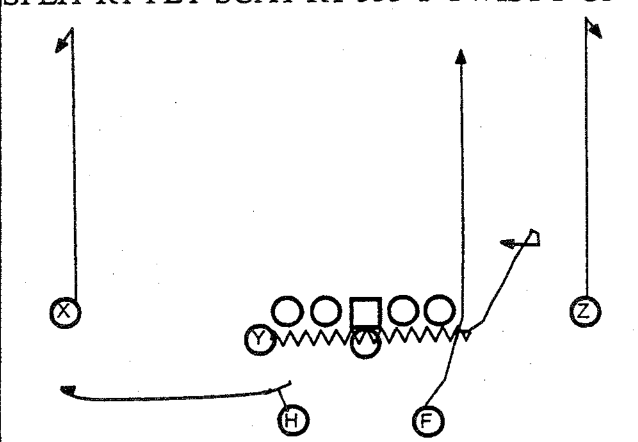
QB:

X Outside 5
Y: Twist
Z: Outside 5

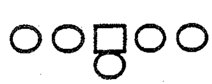
F: Up
H: Check Swing

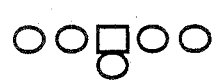
Notes:

SPLIT RT FLY SCAT RT 555 Y TWIST F UP



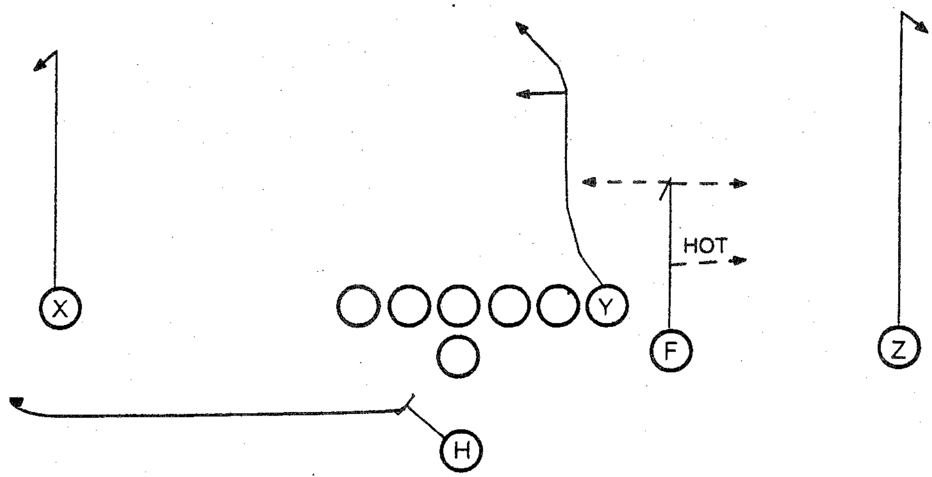






585 DODGE

TWINS RT – SCAT RT 585 F-DODGE

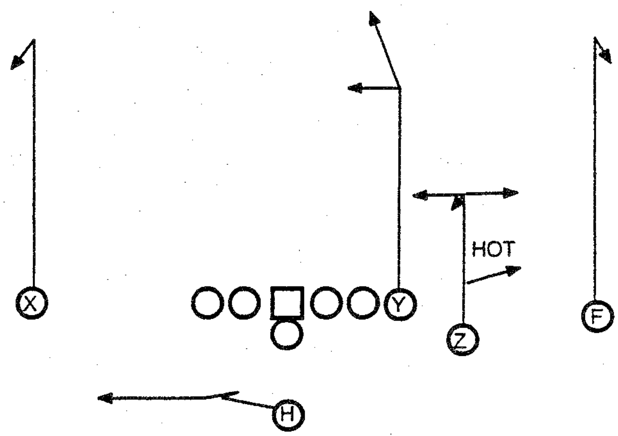


QB:

X	Outside 5
Y:	Inside 8 (Must Release Inside)
Z:	Outside
F:	Option
H:	Check Swing

Notes:

TROJAN RT – SCAT RT 585 Z DODGE



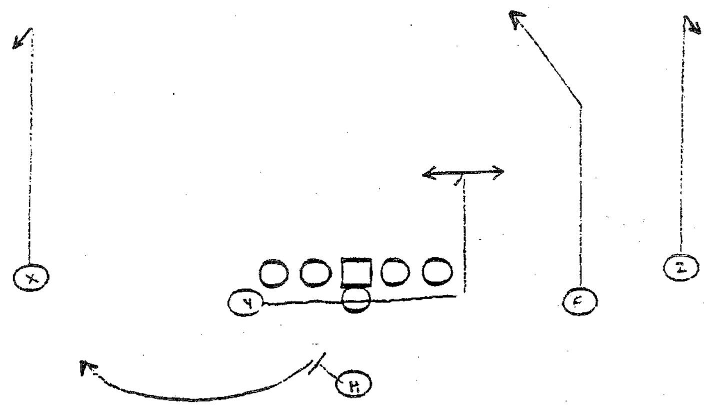






585 Y DODGE

TWINS RT FLY SCAT RT 585 Y DODGE



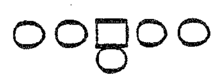
Q

X Outside 5 Route
Y: Dodge
Z: Outside 5 Route

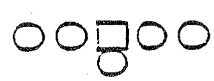
F: Inside 8 Route
H: Check Swing

Notes:

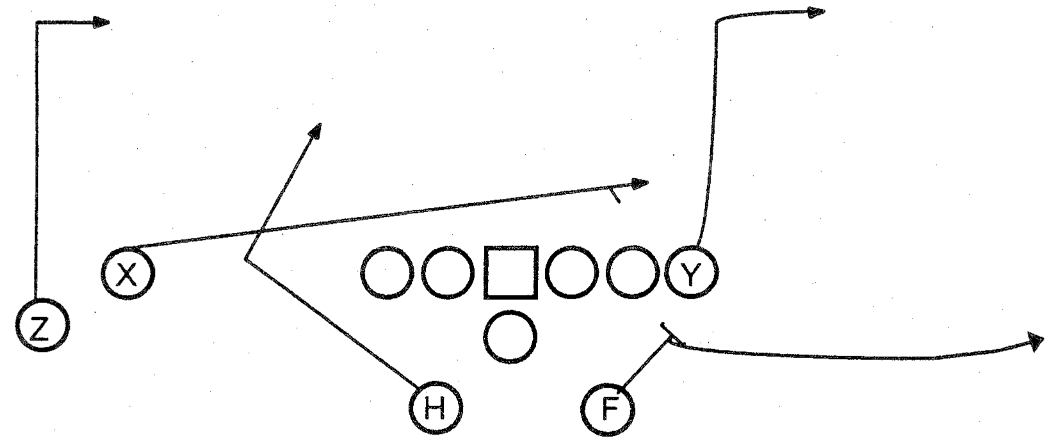








SPLIT RT FLOAT SCAT LT 704 H ANGLE



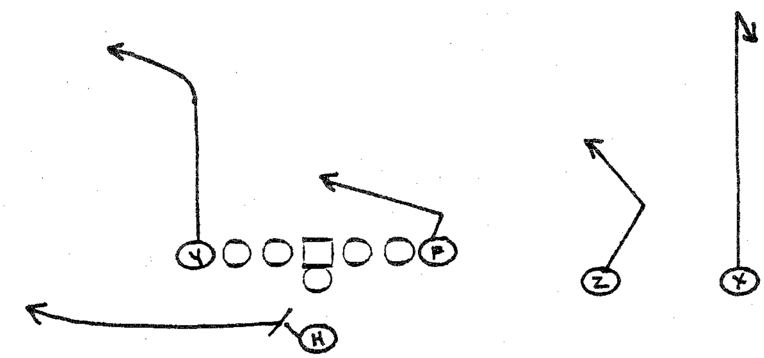
Q

X OUTSIDE 0 ROUTE
Y: INSIDE 7 ROUTE
Z: OUTSIDE 4 ROUTE

F: CHECK SWING
H: ANGLE

725 Z POST

TEX RT SCAT RT 725 Z POST



QB:

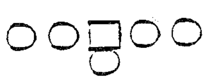
X
Y:
Z:

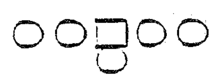
P:
H:

Notes:

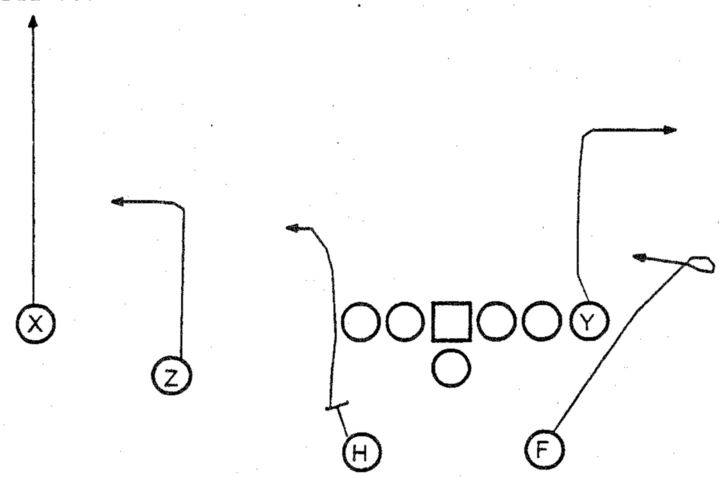








SPLIT RT SLOT SCAT 739 F TWIST OUT



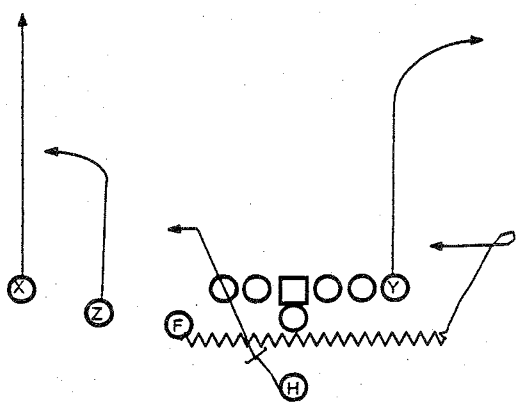
QB:

X Outside9
Y: Inside 7
Z: Inside 3

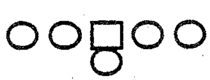
F: Twist
H: Check Thru

Notes:

FLANK RT JAM SCAT RT 739 F TWIST OUT



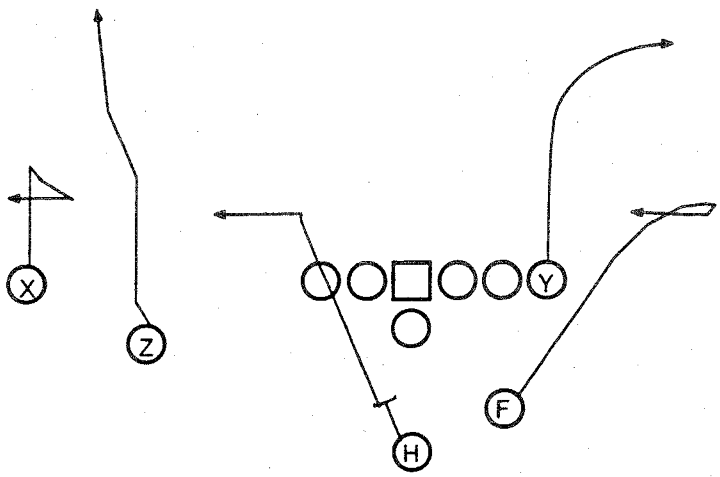






791

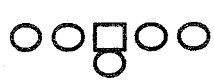
NEAR RT SLOT SCAT RT 791 DELAY F TWIST OUT



QB:

X	Outside 1
Y:	Inside 7
Z:	Outside 9
F:	Twist
H:	Check Out

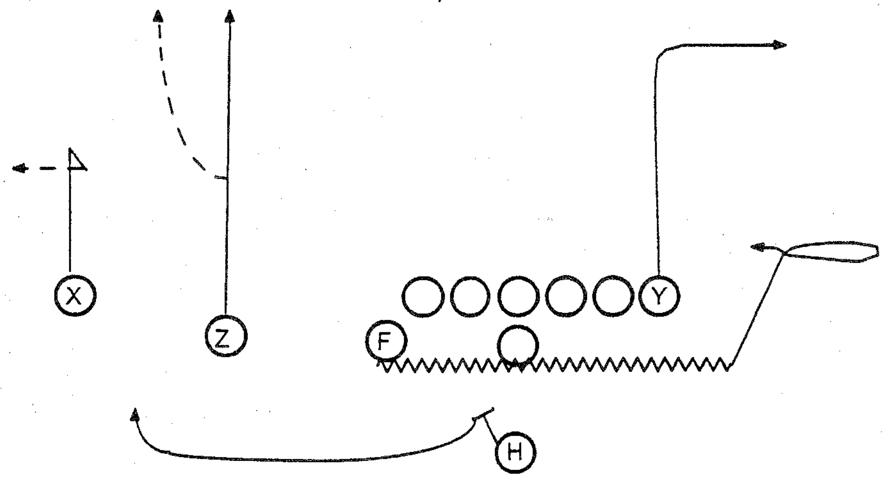
Notes:





791 DELAY F TWIST

FLANK RT JAM SCAT RT 791 DELAY F TWIST



QB:

X Outside 1 Delay
Y: Inside 7
Z: Outside 9

F: Twist
H: Check Swing

Notes:



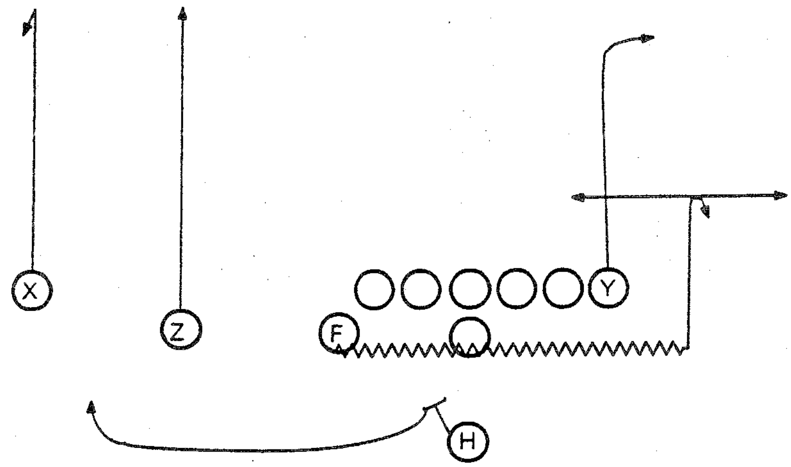






795 F DODGE

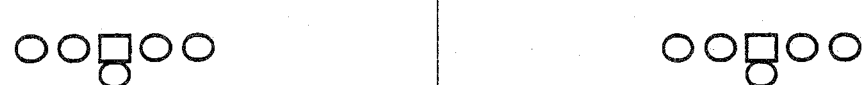
FLK RT JAM – SCAT RT 795 F-DODGE



QB:

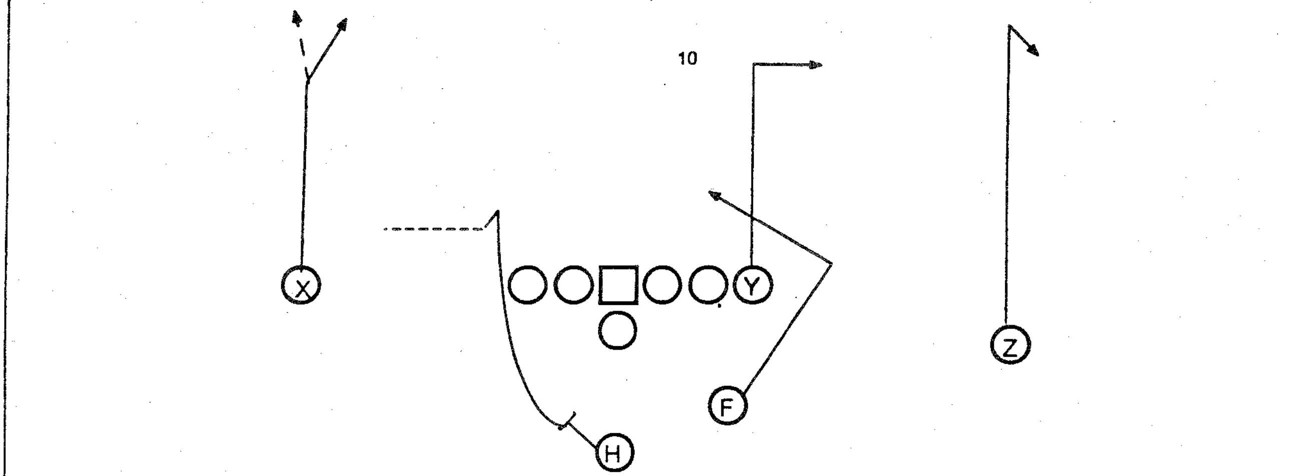
X	Outside 5
Y:	Inside 7
Z:	Inside 9
F:	Option
H:	Check Swing

Notes:

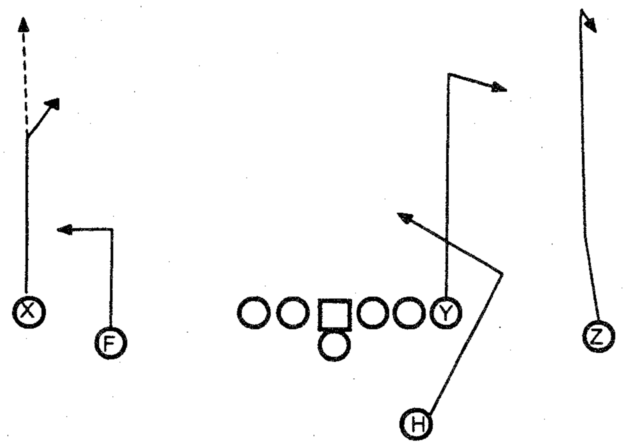
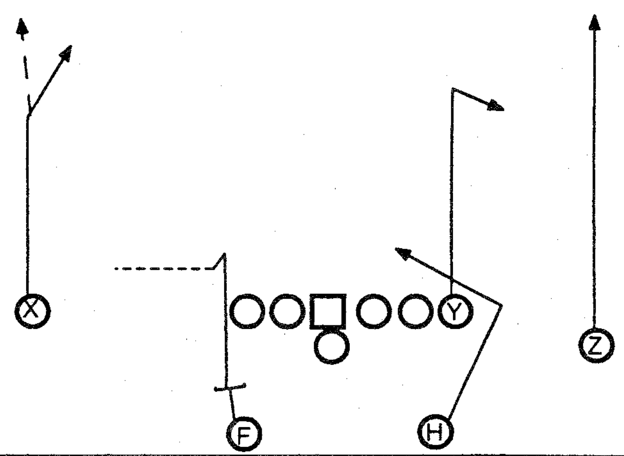
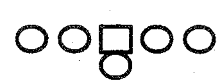


835

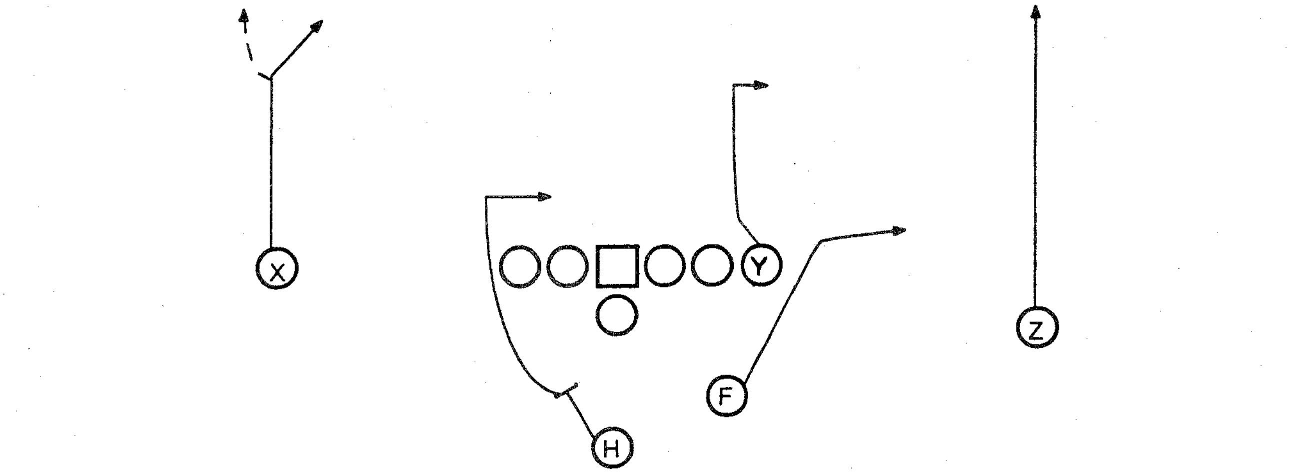
NEAR RT – SCAT RT 835 F-CROSS HOOK



QB:	Notes:
X Outside 8 Y: Inside 3 (10 Yards) Z: Outside 5 (Need Outside Release) F: Cross H: Check Out	

DOUBLE RT – SCRAM RT 835 H CROSS OUT	FULL RT – SCAT RT 835 H CROSS HOOK
	
	

NEAR RT – SCAT RT 839 F-FLAT/DRAG



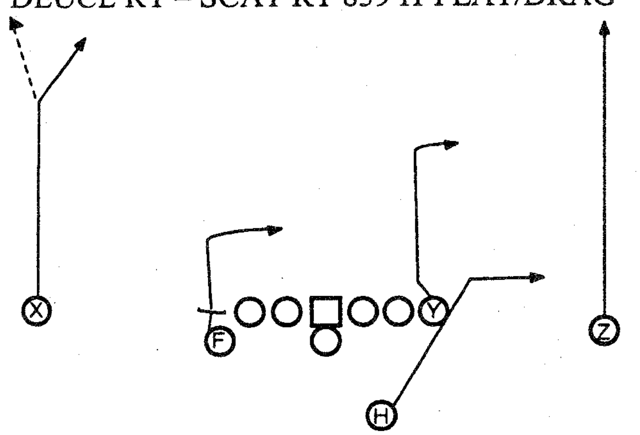
QB:

X Outside 8
Y: Inside 3
Z: Outside 9

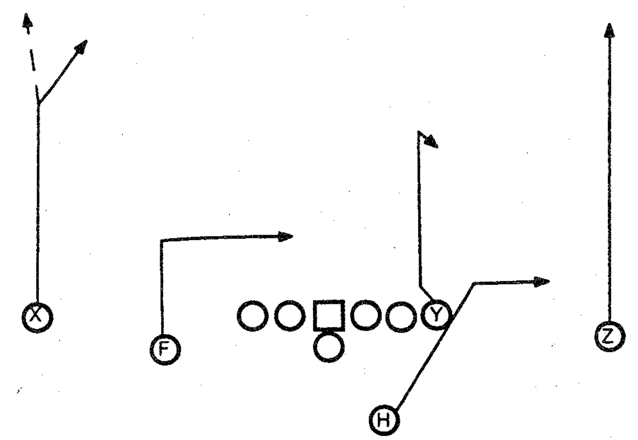
F: Flat
H: Check Drag

Notes:

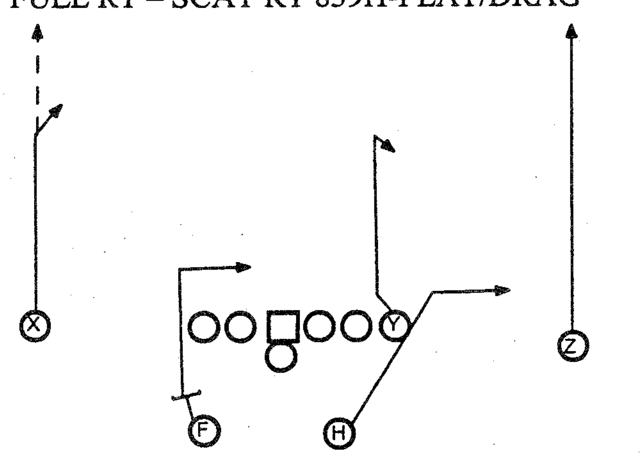
DEUCE RT – SCAT RT 839 H-FLAT/DRAG



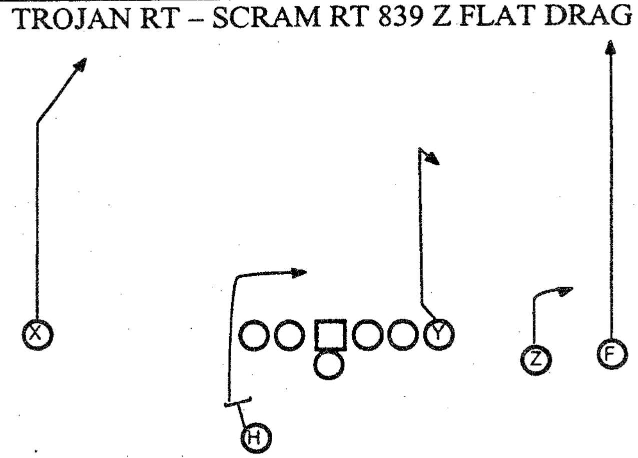
DOUBLE RT – SCRAM RT 839 H-FLAT/DRAG



FULL RT – SCAT RT 839H-FLAT/DRAG

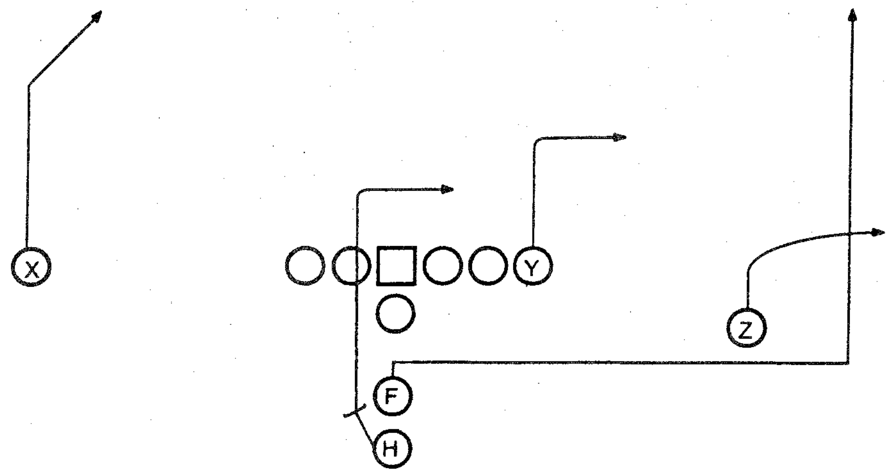


TROJAN RT – SCRAM RT 839 Z FLAT DRAG



839 F-FLAT DRAG

I RT BUZZ SCAT RT 839 F-FLAT DRAG

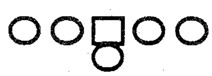


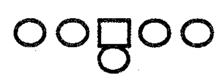
QB:

X
Y:
Z:

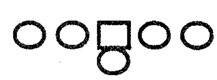
F:
H:

Notes:

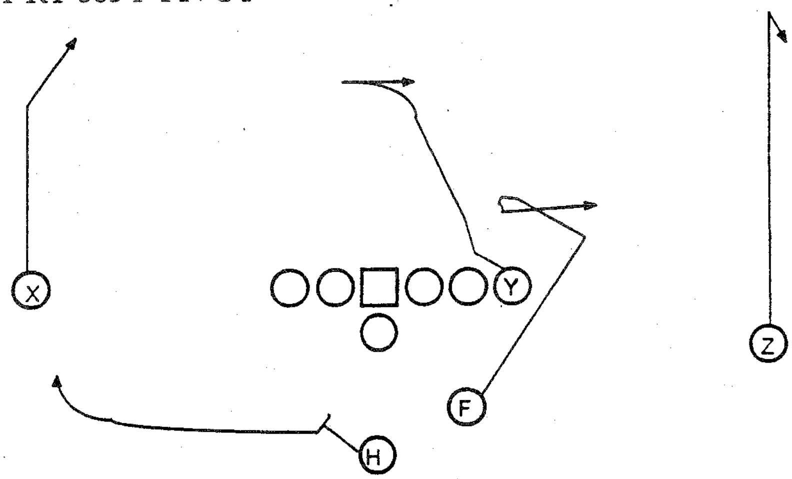








NEAR RT – SCAT RT 865 F-PIVOT

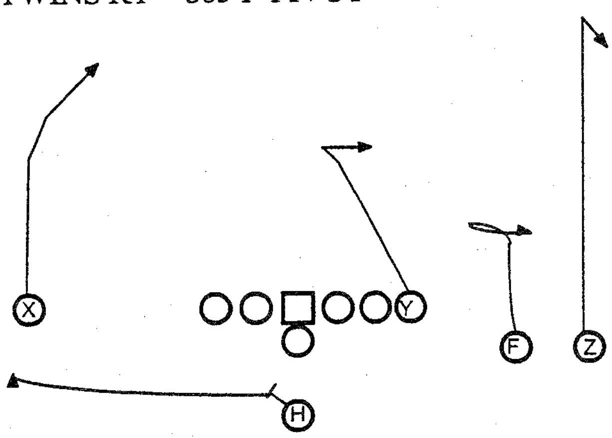


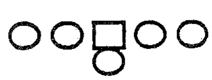
QB:

X	Outside 8
Y:	Inside 6 Pivot
Z:	Outside 5
F:	Pivot
H:	Check Swing

Notes:

TWINS RT – 865 F-PIVOT

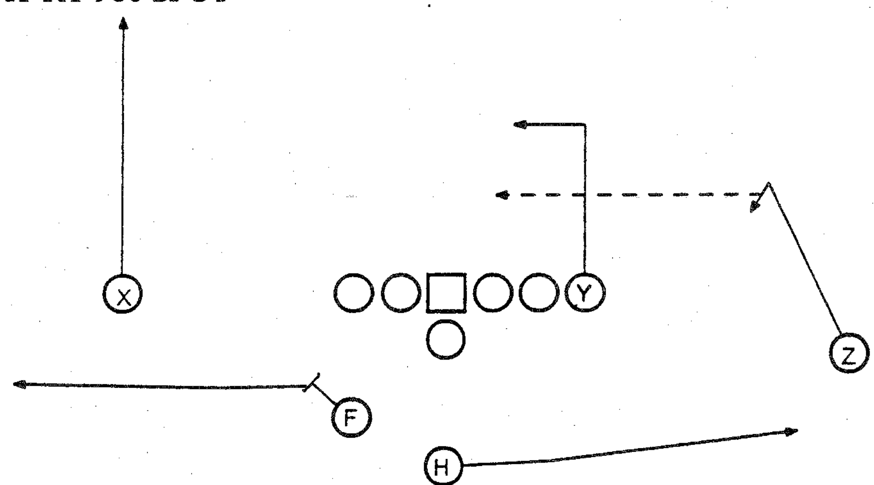






940 SPOT

FAR RT – SCAT RT 980 SPOT

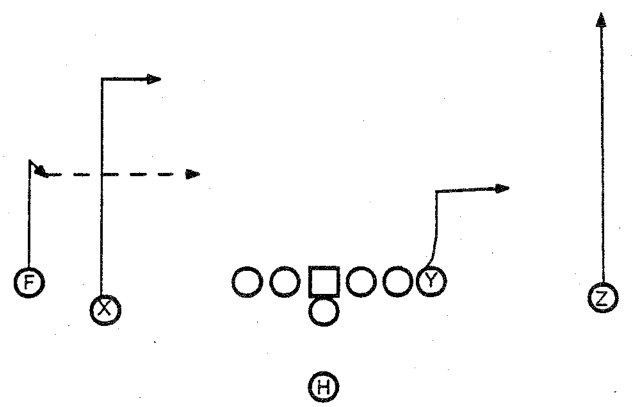


QB:

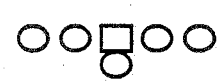
X	Outside 9
Y:	Inside 4
Z:	Spot
F:	Check Swing
H:	Swing

Notes:

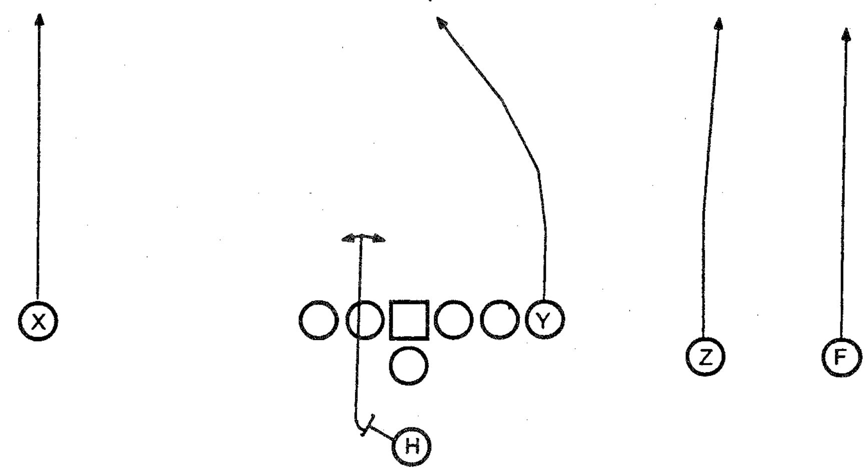
DUAL RT – SCRAM RT 419 F-SPOT







TROJAN RT – SCAT RT 999 T SILVER



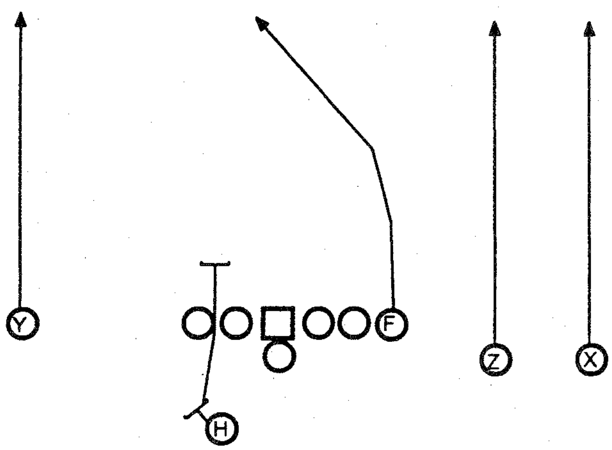
QB:

X Outside 9
Y: Inside 9
Z: Seam 9

F: Outside 9
H: Check Thru

Notes:

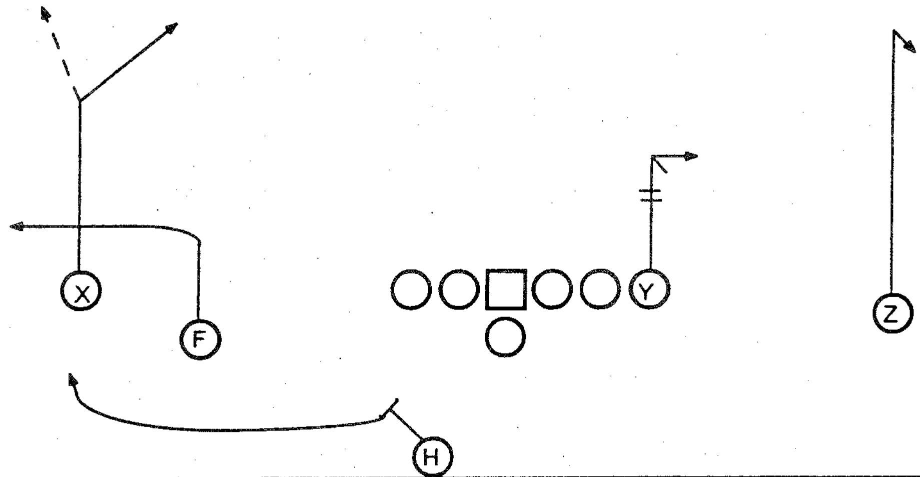
TEX RT OPEN – 999 F-SEAM







DOUBLE RT SCAT RT COWBOY



QB:

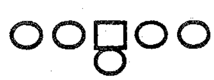
X
Y:
Z:

F:
H:

Notes:









ARC

Page

ARC PROTECTION

A two Back or one Back 6-Man Protection. The Offensive Line has the Four Down and Will. The remaining Back has a "Dual" read from Mike to Sam. Alert "Hard" if your man is in the A Gap.

The depth of the pocket will be no deeper than 8 ½ yards.

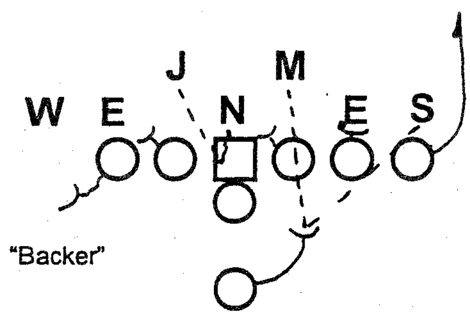
Safety Blitz weak will be handled by the Quarterback and X Receiver.

If Sam and Mike dog, Alert TE "Hot".

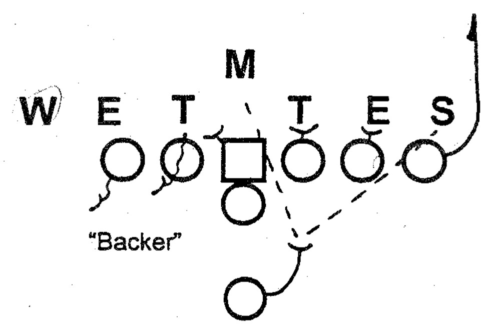
Quick Arc – The depth of the pocket will be no deeper than 5 yards.

ARC RT

34

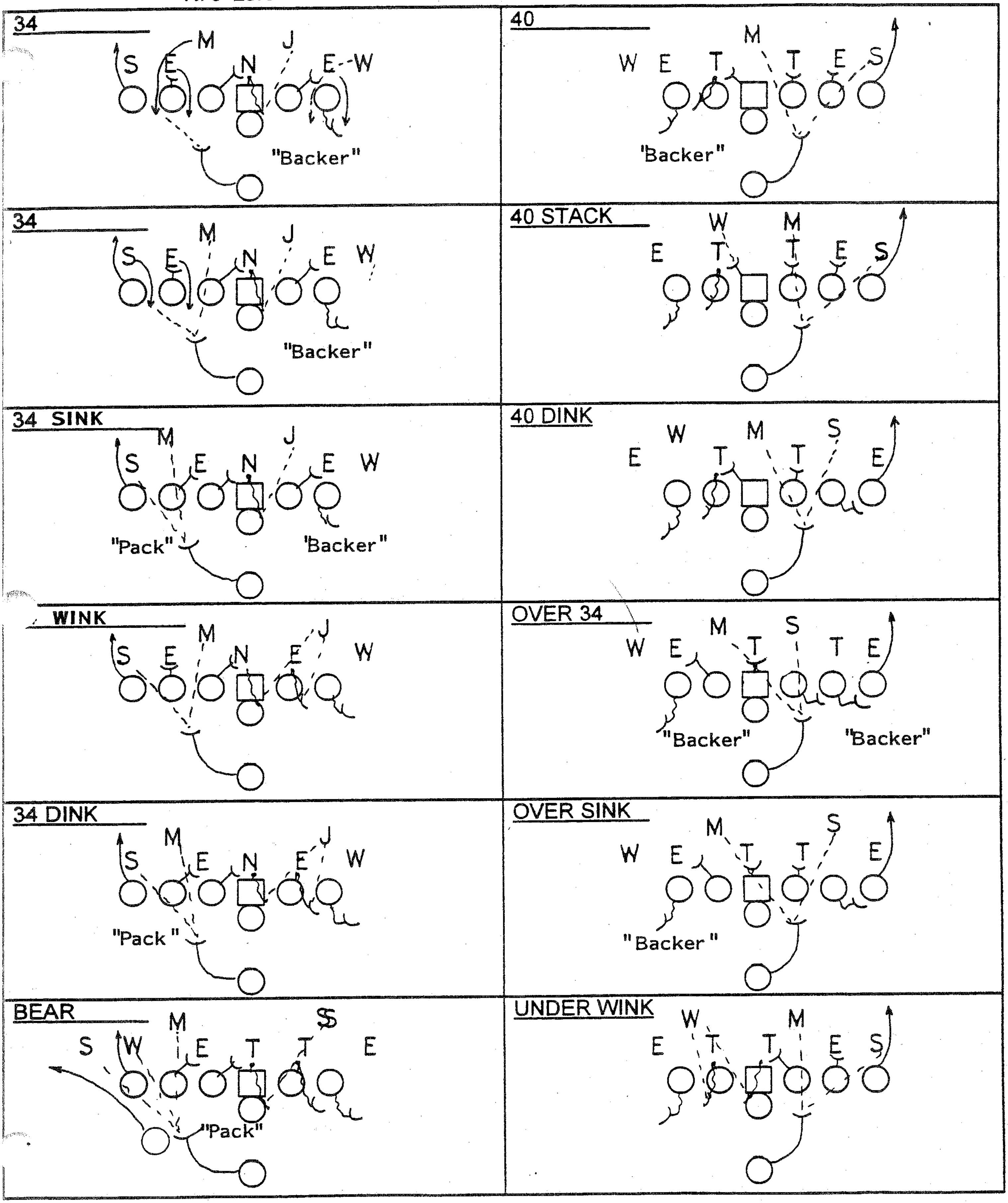


40

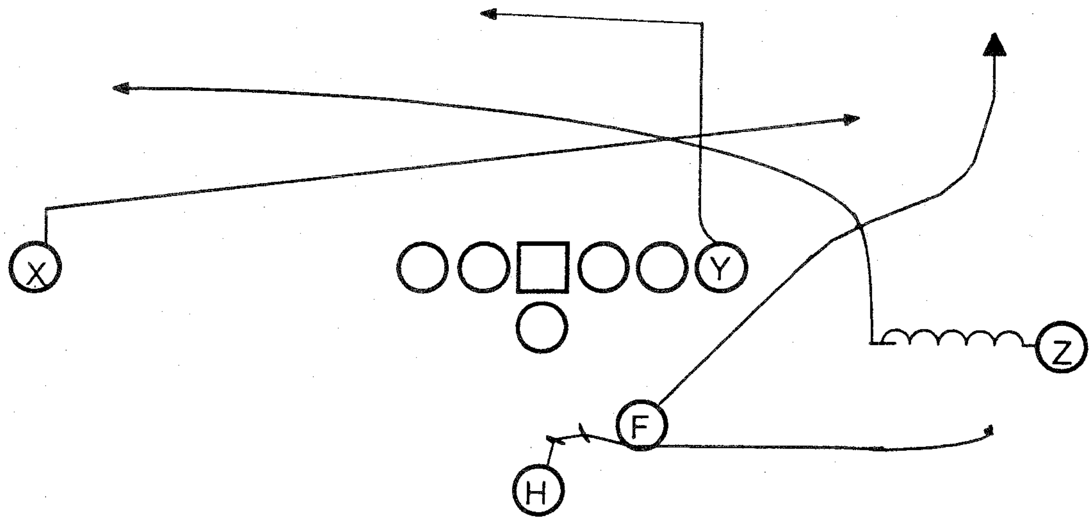


ARC PROTECTION

Arc Left | Arc Right



Near RT (Zip) – Arc RT 040 F: Shoot/Swing

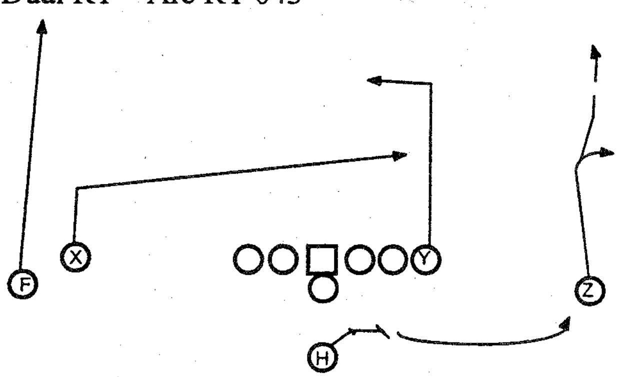


QB:

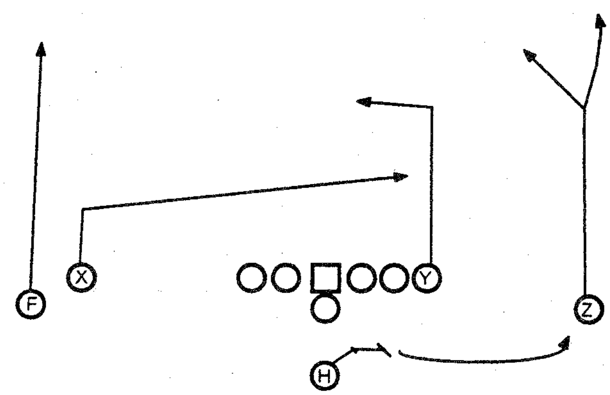
X	Outside 0
Y:	Inside 4
Z:	Outside 0
F:	Shoot
H:	Check Swing

Notes:

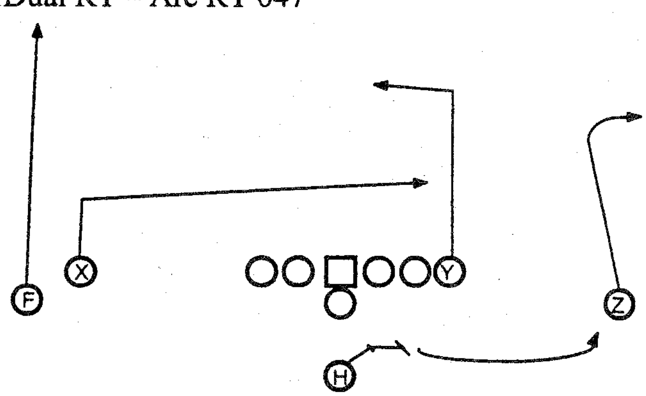
Dual RT – Arc RT 043



Dual RT – Arc RT 048

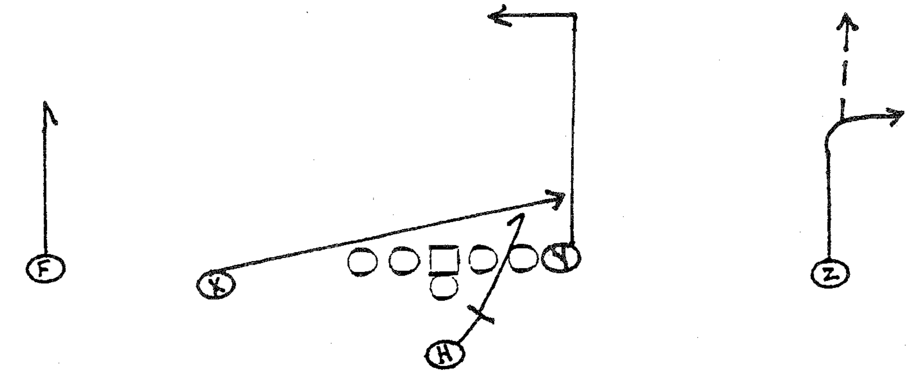


Dual RT – Arc RT 047





DUAL RT ARC RT 043 F-6



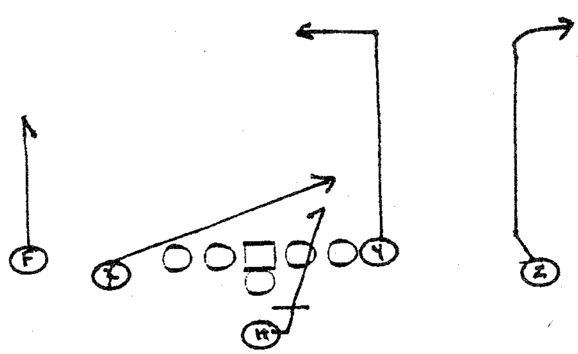
Q

X Outside 0 Route
Y: Inside 4 Route
Z: Outside 3 Route

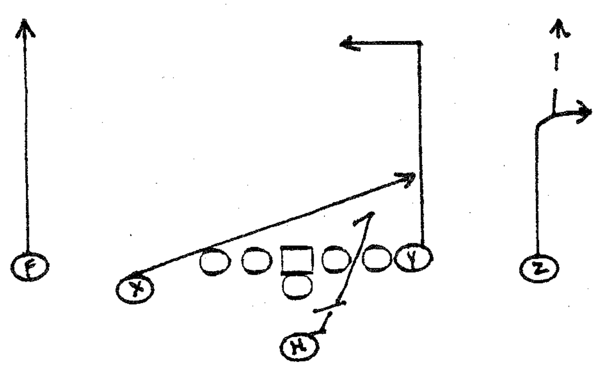
F: Outside 6 Route
H: Check Hook

Notes:

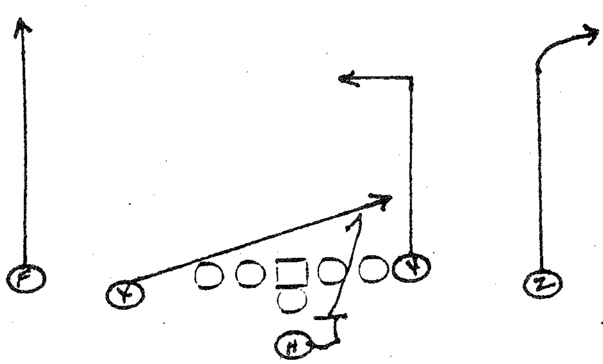
DUAL RT ARC RT 047 F-6



DUAL RT ARC RT 043 F-SHOOT

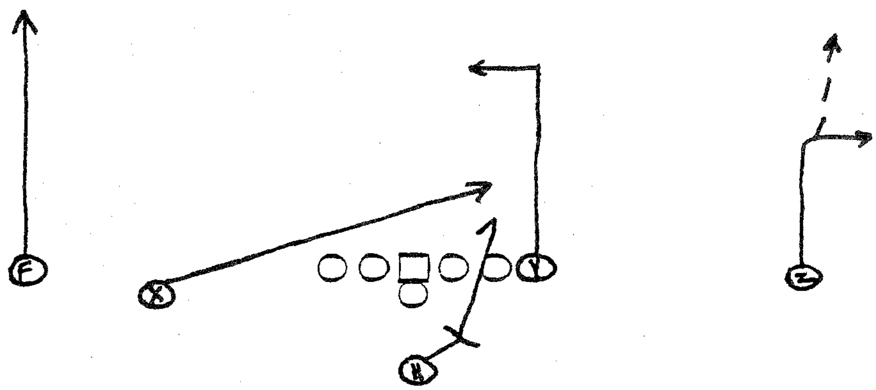


DUAL RT ARC RT 047 F SHOOT





DUAL RT ARC RT 043 F-SHOOT



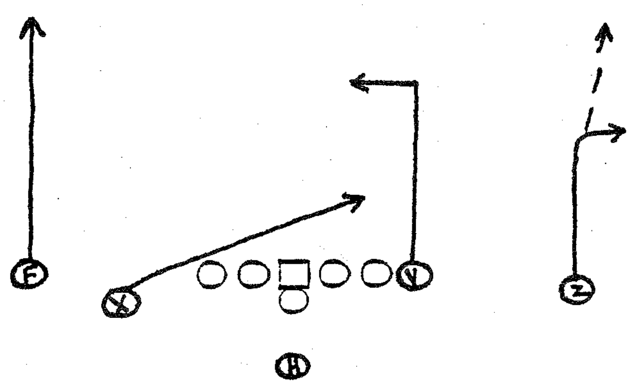
Q

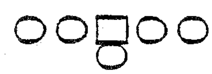
X Outside 0 Route
Y: Inside 4 Route
Z: Outside 3 Route

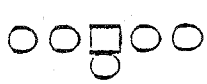
F: Shoot
H: Check Hook

Notes:

DUAL RT ARC RT 047 F-SHOOT

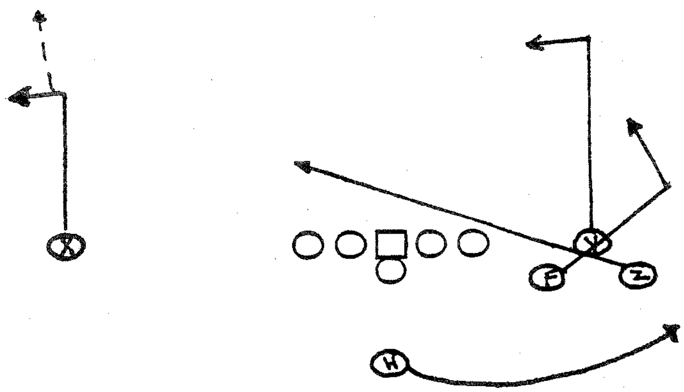








TRIPLE RT ARC RT HOT 340 F ANGLE



Q

X Outside 3 Route
Y: Inside 4 Route
Z: Inside 0 Route

F: Angle
H: Swing

Notes:

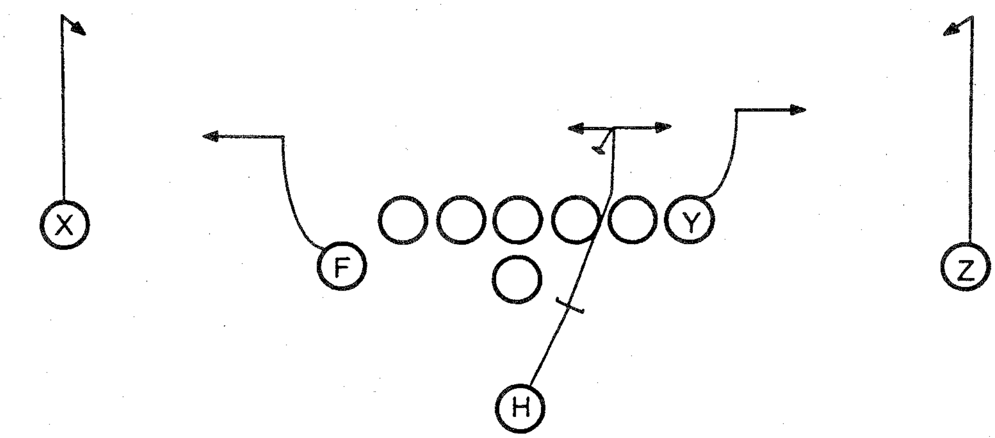








DEUCE RT – ARC RT 616 F-OUT THRU



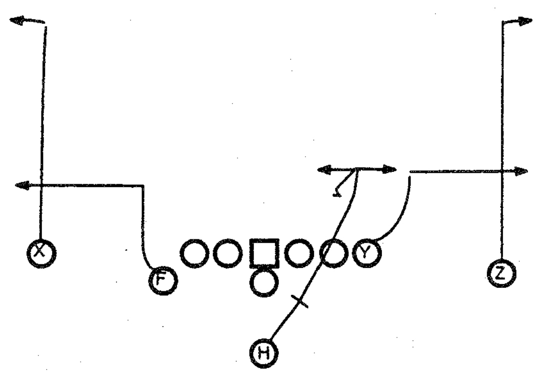
QB:

X Outside 6
Y: Inside Teen
Z: Outside 6

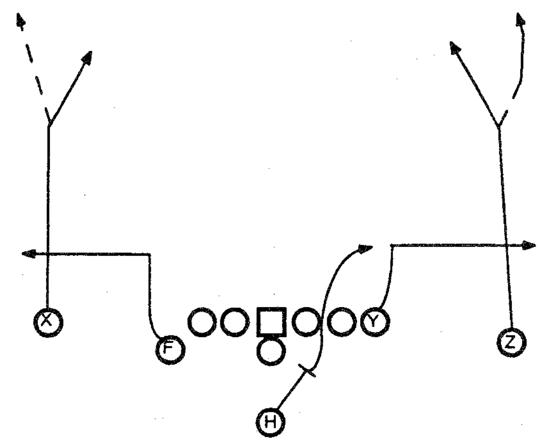
F: Out
H: Check Down

Notes:

DEUCE RT – ARC RT 717 F-OUT



DOUBLE RT – ARC RT 818 F-OUT

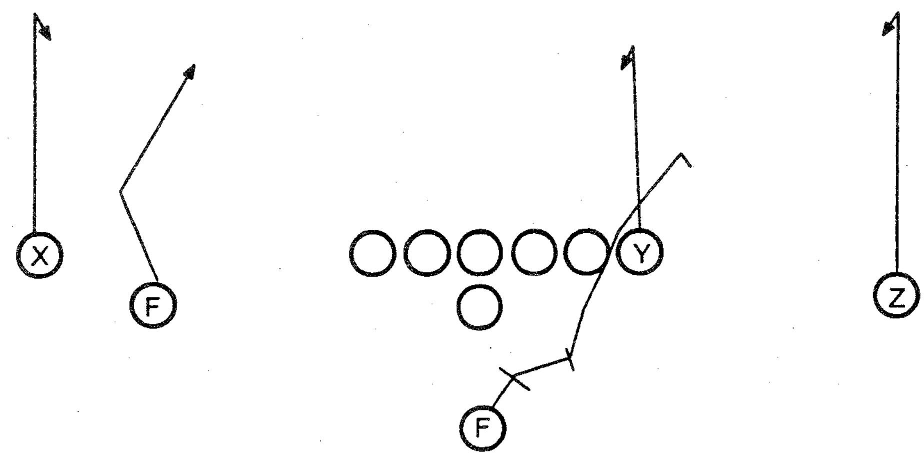






666 F-POST

DBL RT – ARC RT 666 F-POST



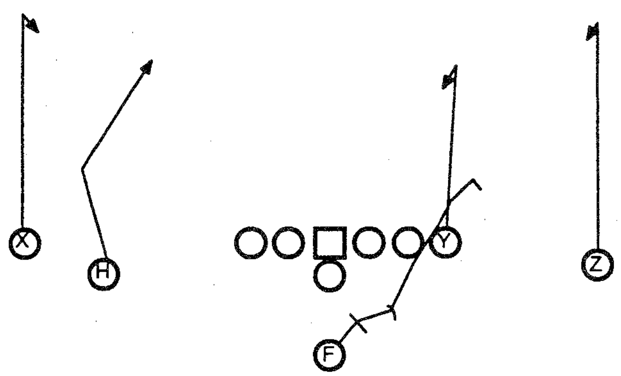
QB:

X OUTSIDE 6
Y: INSIDE 6
Z: OUTSIDE 6

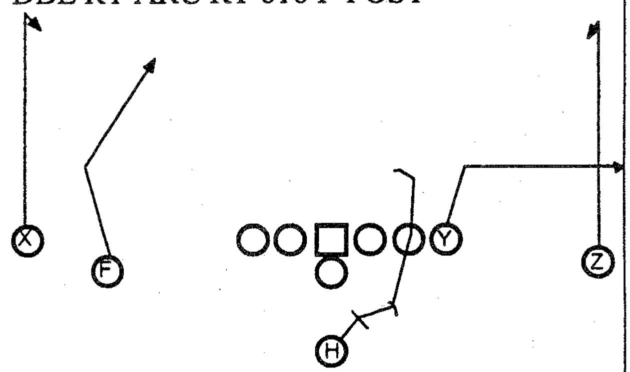
F: POST
H: CHECK SNEAK

Notes:

HB DBL RT – FB ARC RT 666 H-POST



DBL RT ARC RT 616 F-POST

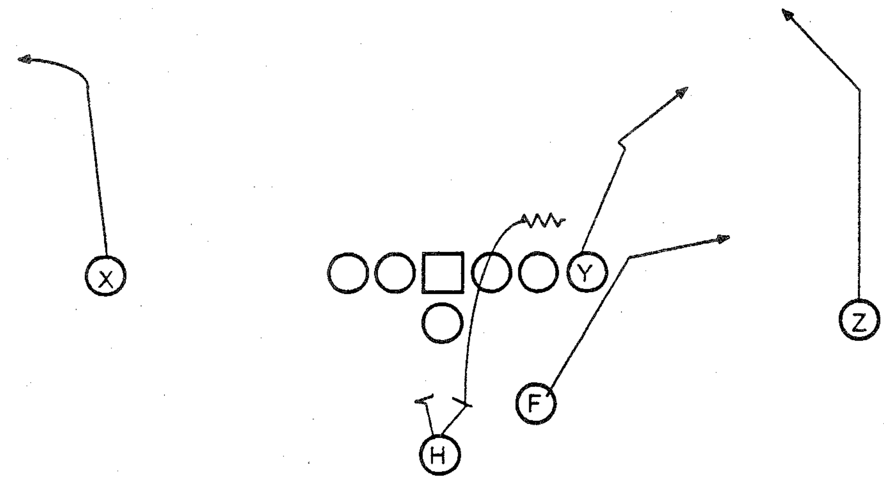






778 - 378

NEAR RT – ARC RT 778 F-FLAT



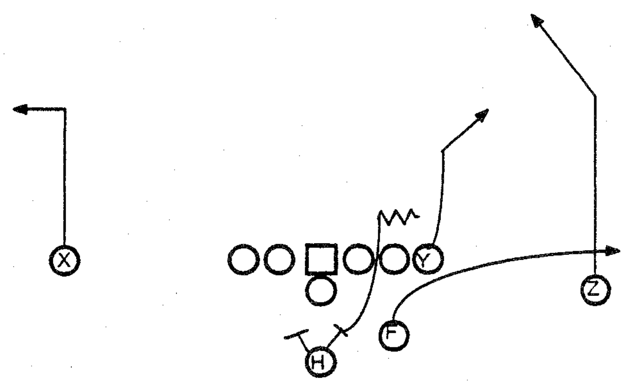
QB:

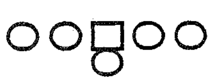
X OUTSIDE 7
Y: INSIDE 7
Z: OUTSIDE DEEP 8

F: FLAT
H: ARC PROTECTION

Notes:

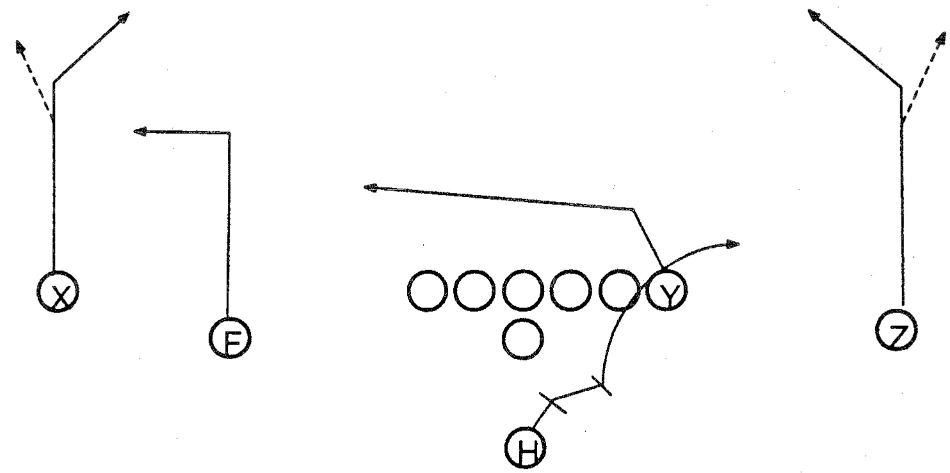
NEAR RT – ARC RT 378 F-FLAT







DBL RT – ARC RT 828 F-3



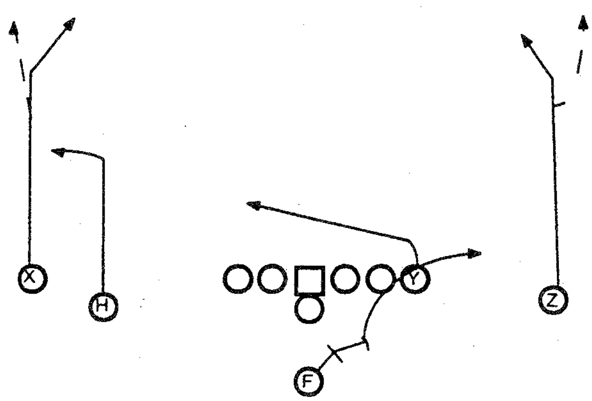
QB:

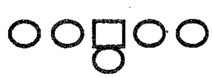
X Outside 8
Y: Inside 2
Z: Outside 8

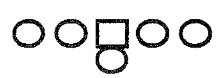
F: Outside 3
H: Check Sneak

Notes:

HB DBL RT – 828 H-3

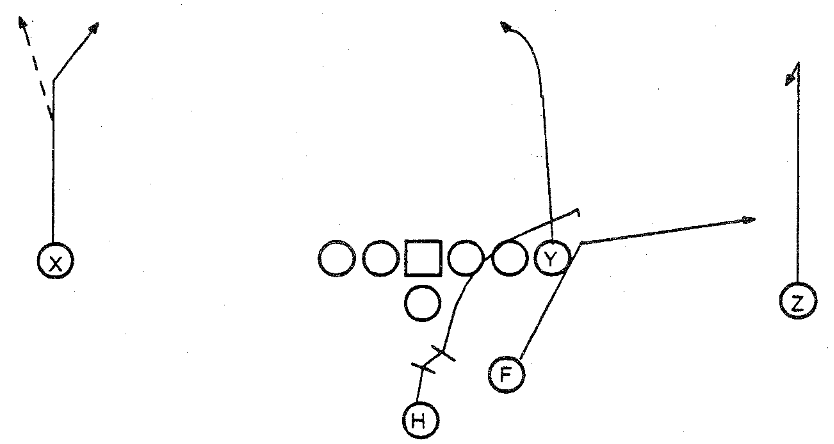






896-396

NEAR RT – ARC RT 896 F-FLAT

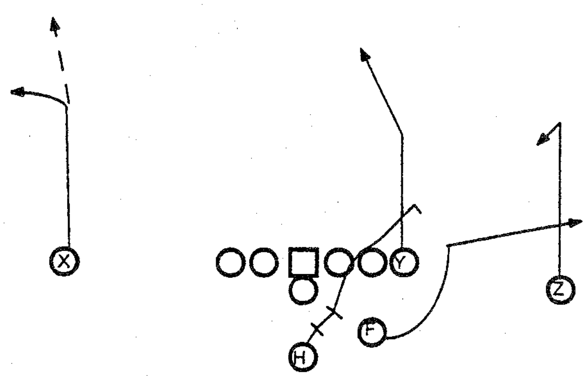


QB:

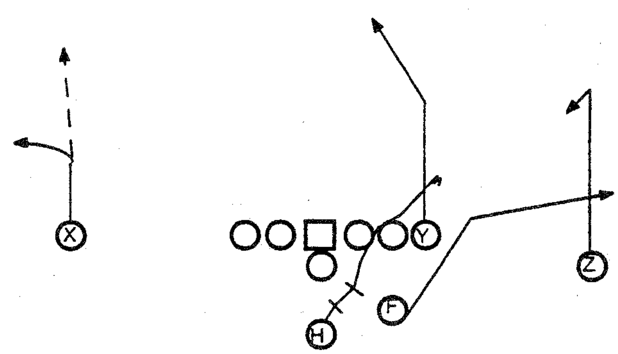
X	Outside 8
Y:	Inside 9
Z:	Outside 6
F:	Flat
H:	Check Down

Notes:

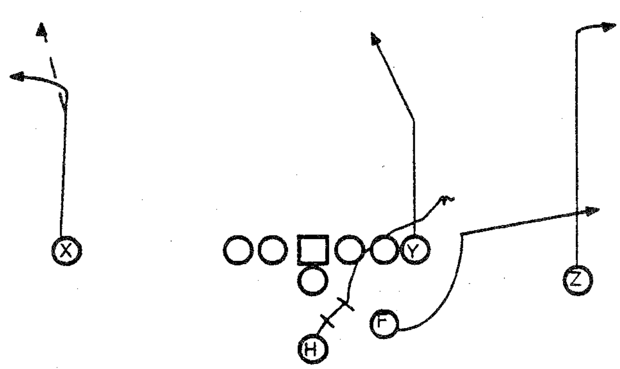
NEAR RT ARC RT – 396 F-FLAT



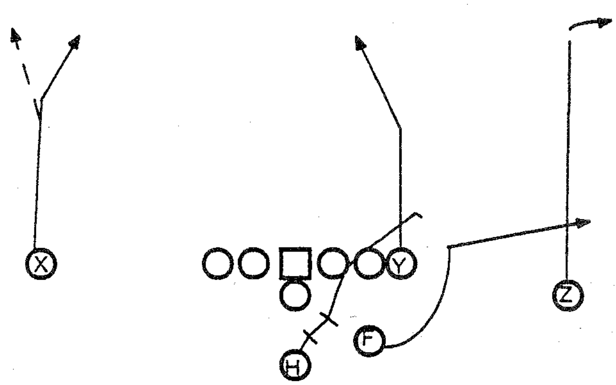
NEAR RT ARC RT – 196 F-FLAT



NEAR RT ARC RT – 397 F-FLAT

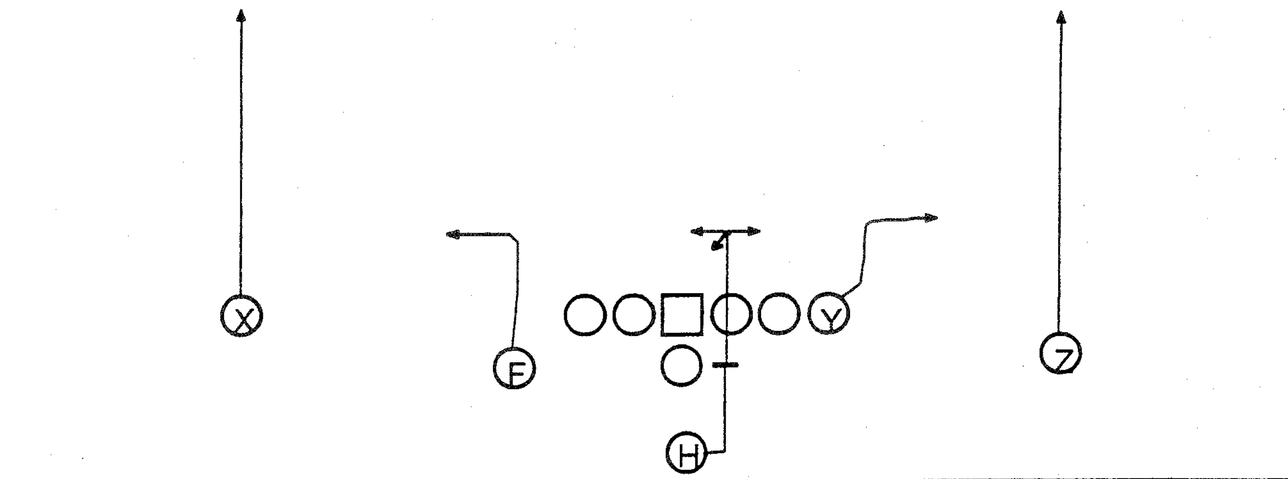


NEAR RT ARC RT – 897 F-FLAT



919

DEUCE RT ARC RT 919 F-OUT - THRU



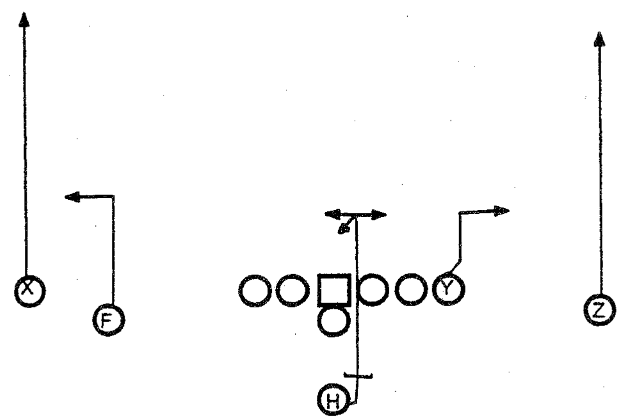
QB:

X Outside 9
Y: Inside 1
Z: Outside 9

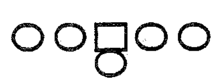
F: Out
H: Check Thru

Notes:

DOUBLE RT ARC RT 919 F-OUT

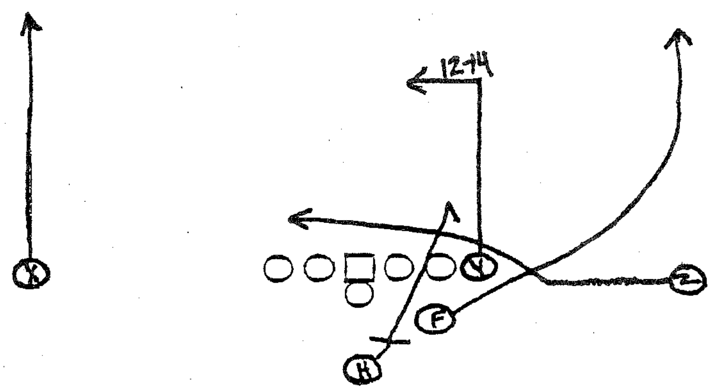






940 F SHOOT SNEAK

NEAR RT ZIP ARC RT 940 F SHOOT SNEAK



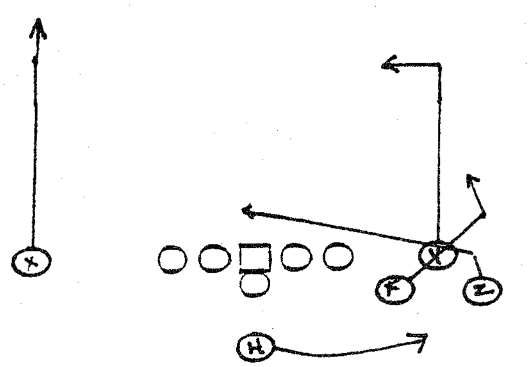
Q

X	Outside 9 Route
Y:	Inside 4 Route
Z:	Outside 0 Route

F:	Shoot
H:	Check Down

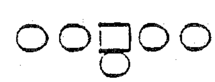
Notes:

TRIPLE RT ARC RT 940 F ANGLE SWING



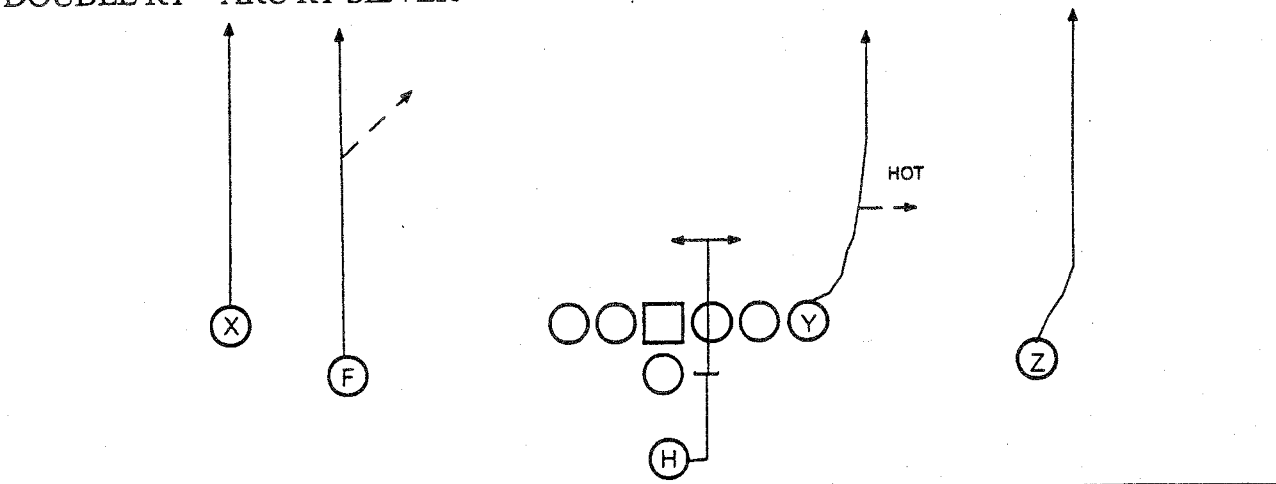






SILVER

DOUBLE RT – ARC RT SILVER



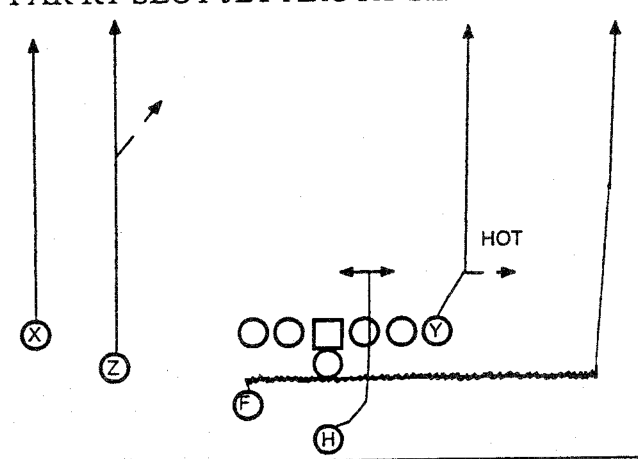
QB:

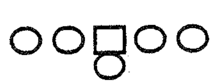
X Outside 9
Y: Seam
Z: Outside 9

F: Seam Read
H: Check Thru

Notes:

FAR RT SLOT JET ARC RT SILVER

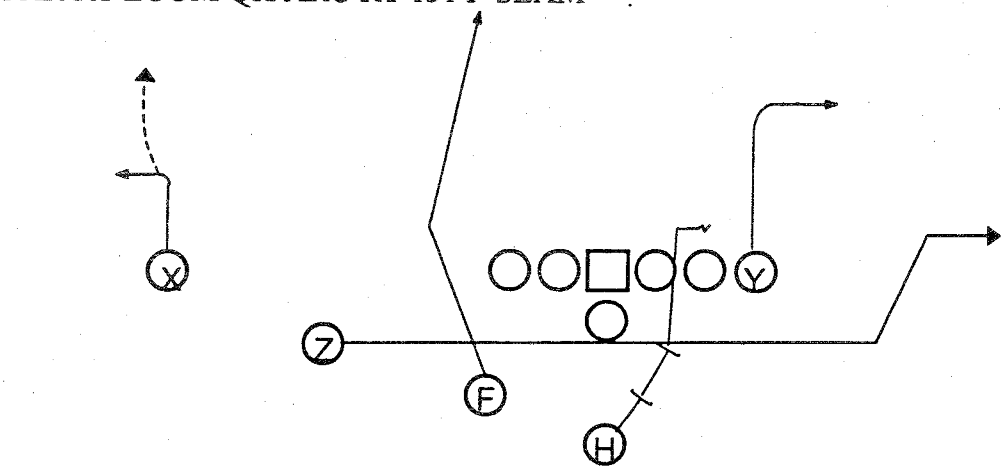






131 F-SEAM

FAR RT ZOOM QK ARC RT 131 F-SEAM



QB:

X

Y:

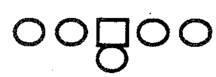
Z:

F:

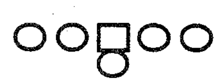
H:

Notes:



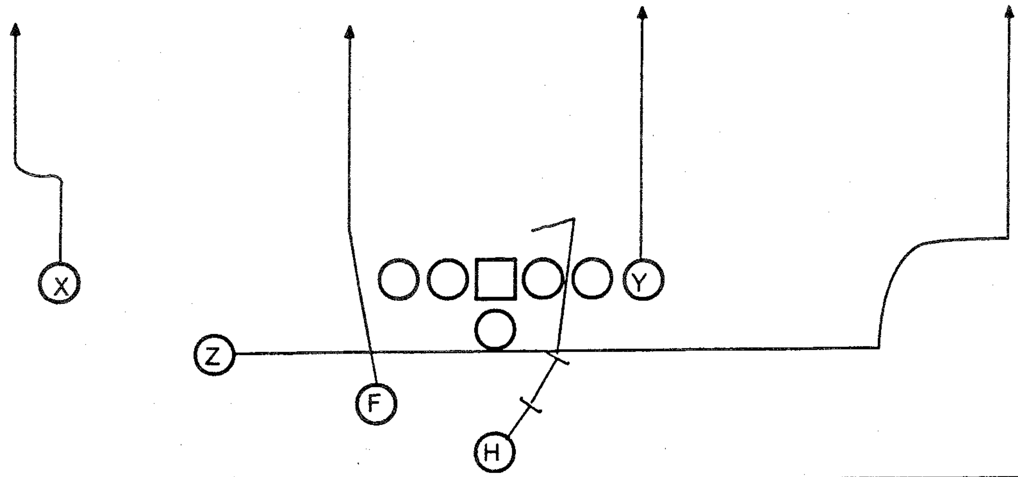






191 PUMP F-SEAM

FAR RT ZOOM QK ARC RT 191 PUMP F-SEAM

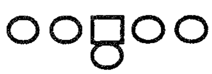


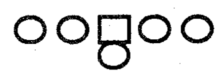
QB:

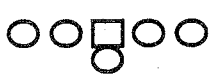
X
Y:
Z:

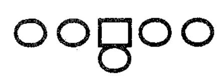
F:
H:

Notes:



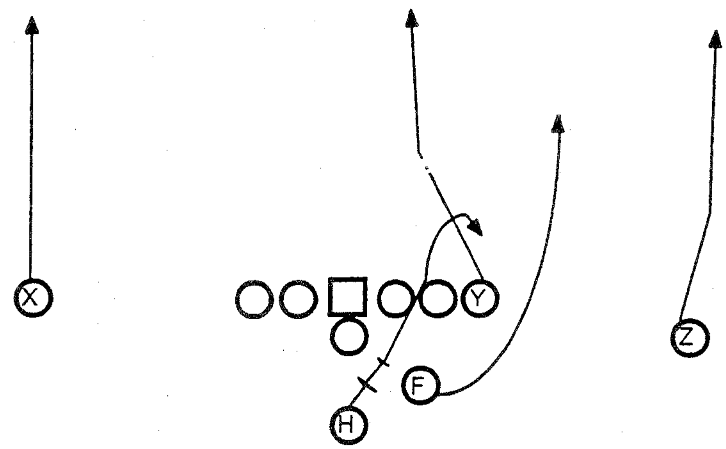






191 RUN IT

NEAR RT – QUICK ARC RT 191 RUN IT F-SEAM

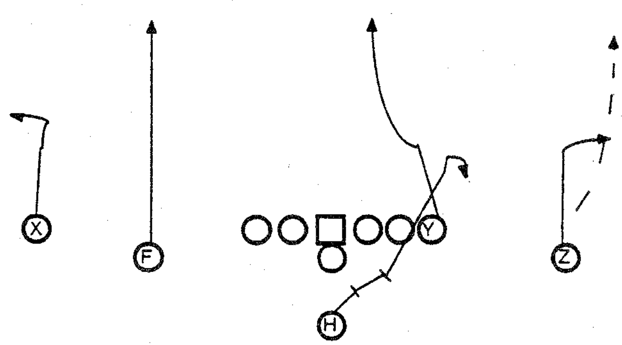


QB:

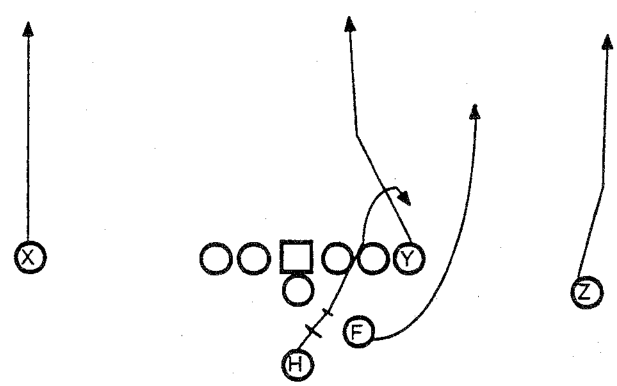
X	Outside 1 (Run It)
Y:	Inside 9
Z:	Outside 1 (Run It)
F:	Seam
H:	Check Hook

Notes:

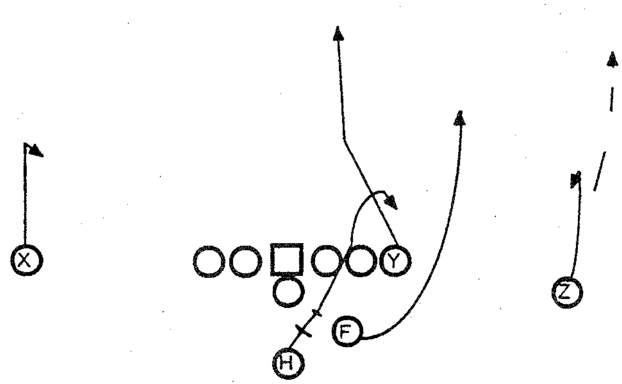
DBL RT – 191 RUN IT F-SEAM

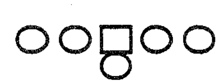


NEAR RT – 191 DBL FADE F-SEAM



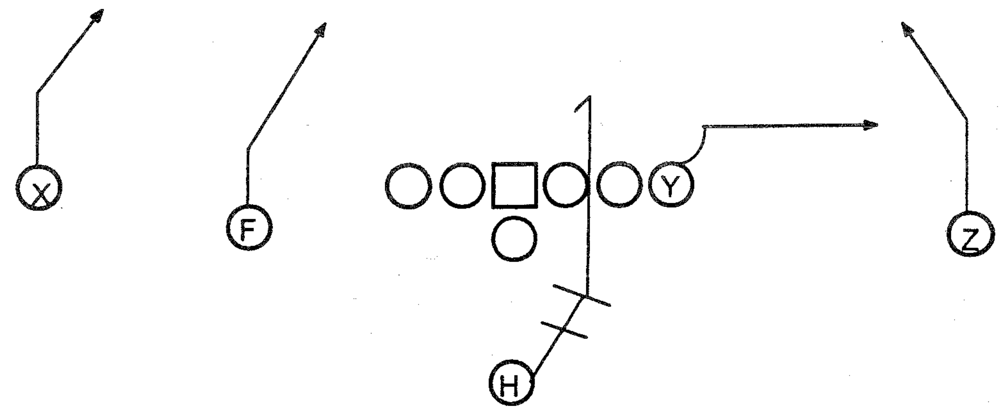
NEAR RT – 191 HITCH F-SEAM





212 F-SLANT

DEUCE RT – QUICK ARC RT 212 F-SLANT .



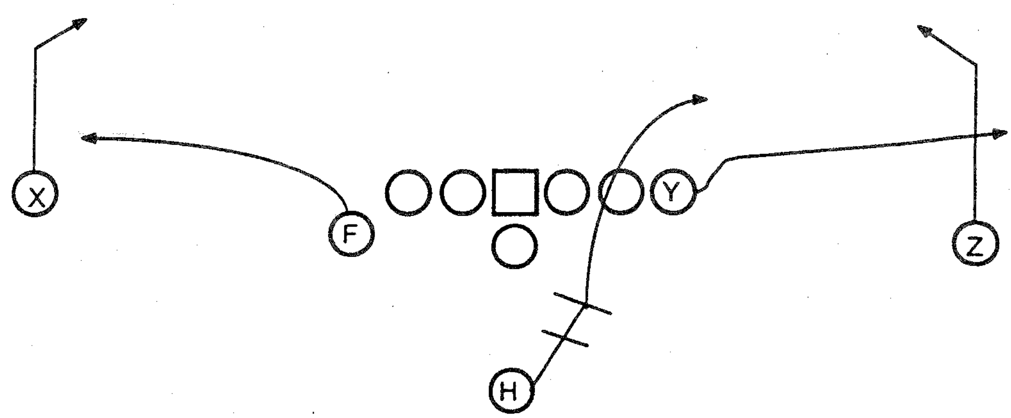
QB:

X	Outside 2 Route
Y:	Inside 1 Route
Z:	Outside 2 Route
F:	Slant
H:	Check Down

Notes:

212

DEUCE RT – QUICK ARC RT 212 F-FLAT

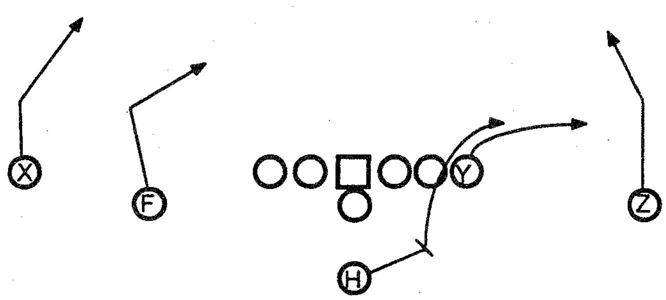


QB:

X	Outside 2
Y:	Inside Teen
Z:	Outside 2
F:	Flat
H:	Check Down

Notes:

Deuce RT – Quick Arc RT 212 F-Slant



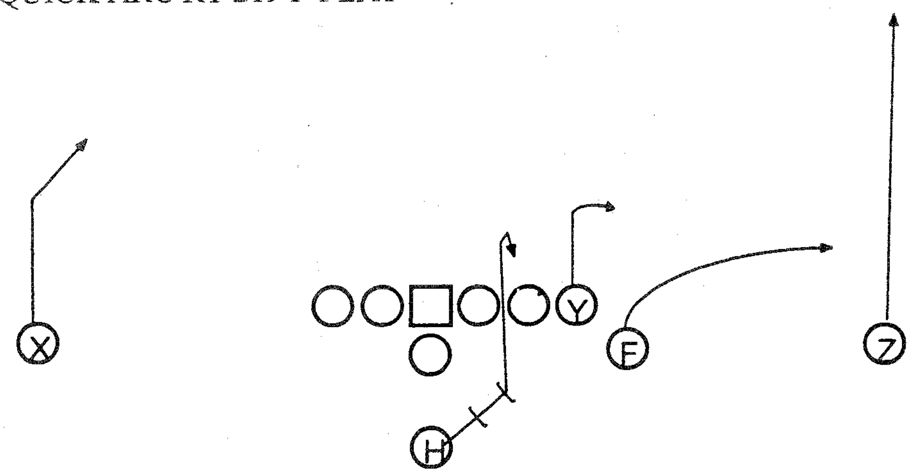






219

TRIPS RT – QUICK ARC RT 219 F-FLAT



QB:

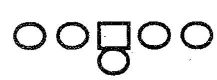
X	Outside 2
Y:	Teen (Stick)
Z:	Outside 9
F:	Flat
H:	Check Down

Notes:



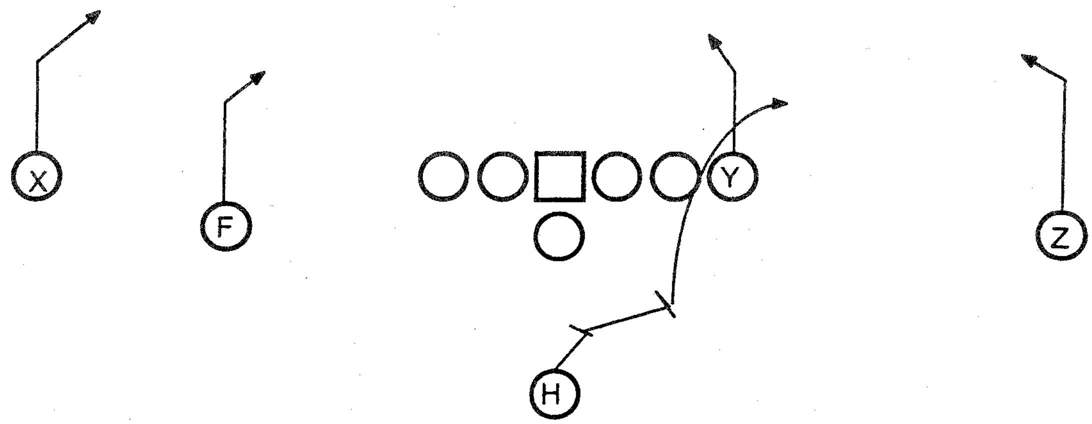






222

DBL RT – QUICK ARC RT 222 F-SLANT



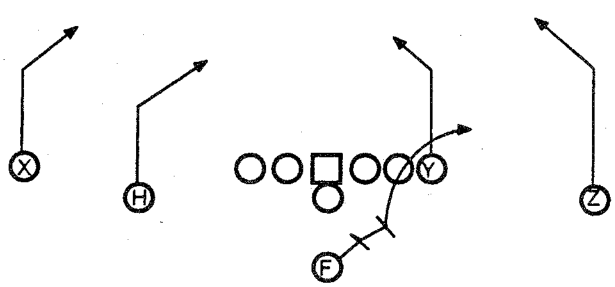
QB:

X Outside 2
Y: Inside 2
Z: Outside 2

F: Post
H: Check Down

Notes:

HB DBL RT 222 H-SLANT

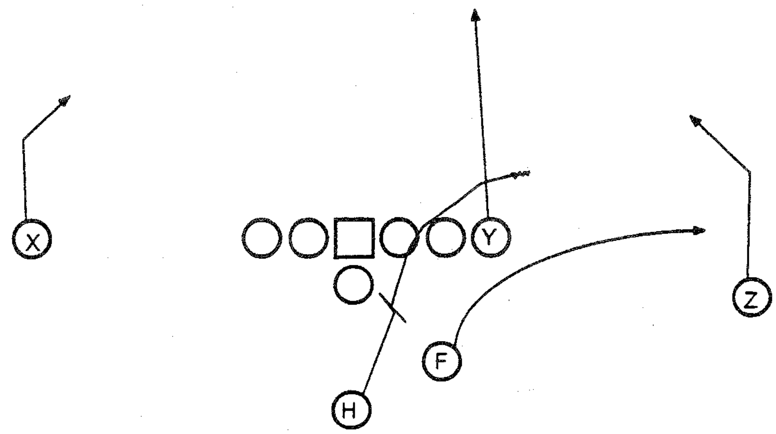








NEAR RT – QUICK ARC RT 292 F-FLAT

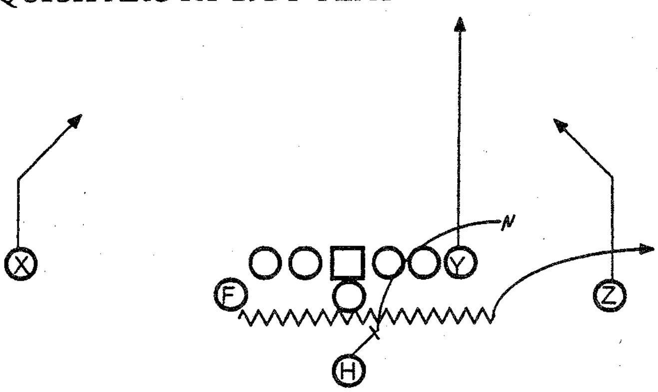


QB:

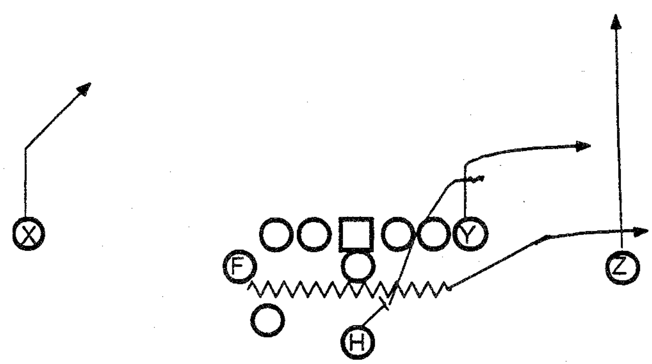
X	Outside 2
Y:	Inside 9
Z:	Outside 2
F:	Flat
H:	Check Down

Notes:

TWINS RT MOTION –
QUICK ARC RT 292 F-FLAT



FAR RT MOTION –
QUICK ARC RT 219 F-FLAT

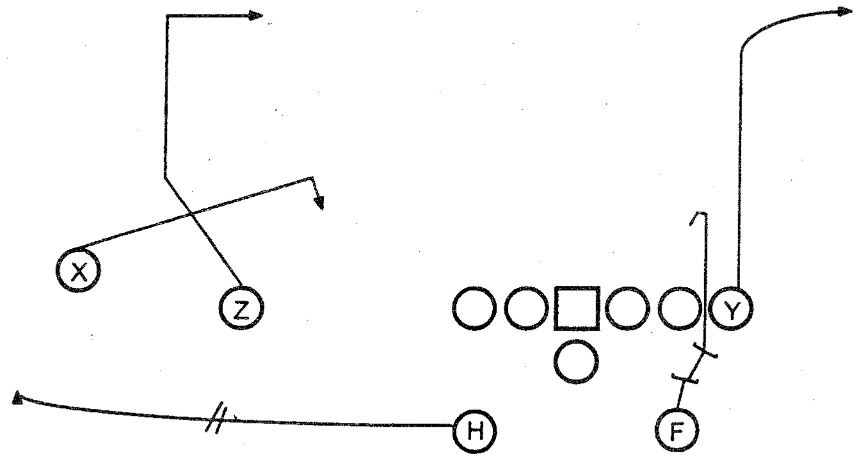






740 TANGO

SPLIT RT SLOT FB ARC RT 740 TANGO



QB:

X

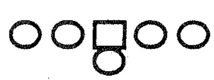
Y:

Z:

F:

H:

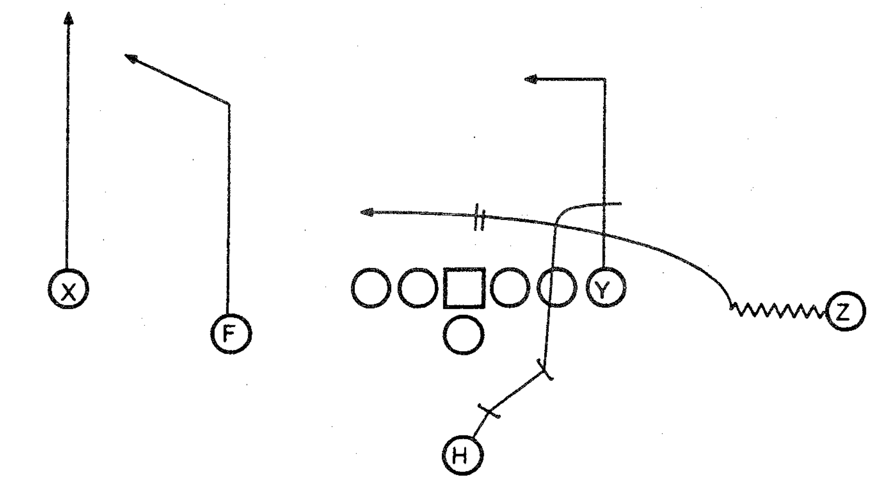
Notes:





940 F-CORNER

DOUBLE RT ZIP ARC RT 940 F-CORNER

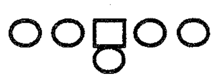


QB:

X
Y:
Z:

F:
H:

Notes:

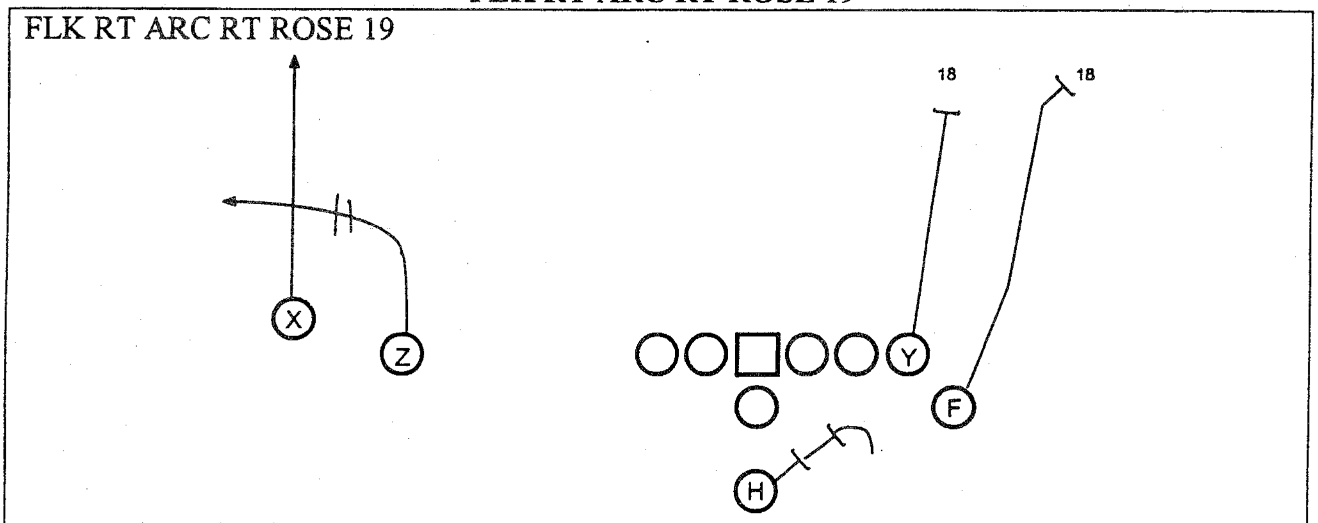








FLK RT ARC RT ROSE 19



QB:

X
Y:
Z:

F:
H:

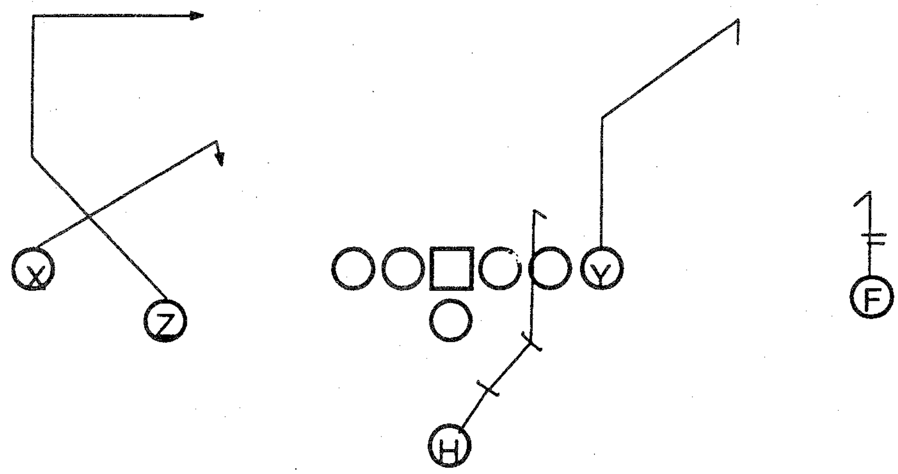
Notes:





SMASH/TANGO

FLEX RT ARC RT SMASH/TANGO



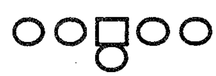
QB:

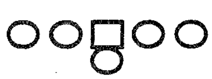
X
Y:
Z:

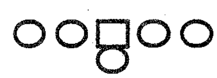
F:
H:

Notes:









ARC HOT

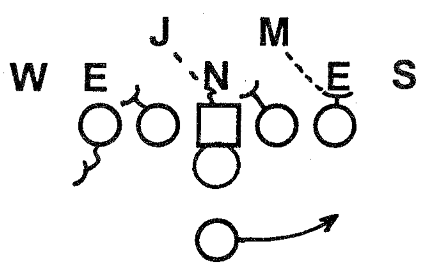
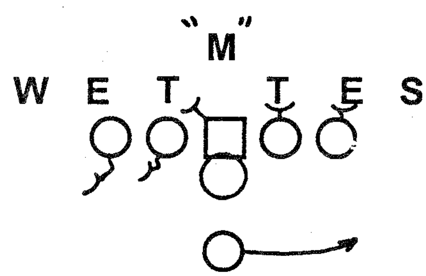
ARC HOT PROTECTION

A 5 man protection. The Offensive Line will slide to Will as in Arc Protection. The onside tackle will have a Dual read from 1st Backer inside to the Defensive End.

C.P. If the Mike Backer becomes a threat to Dog the middle, a "Sift" is possible. This would make the Defensive End a Hot read.

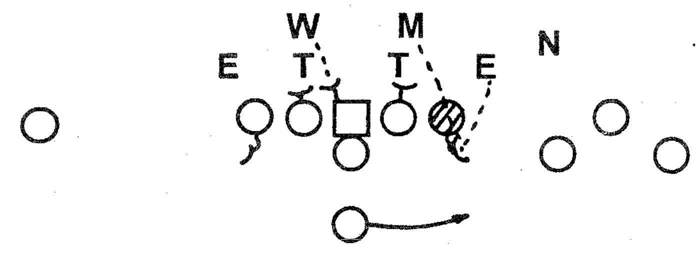
The depth of the pocket will be no deeper than 8 ½ yards.

ARC HOT

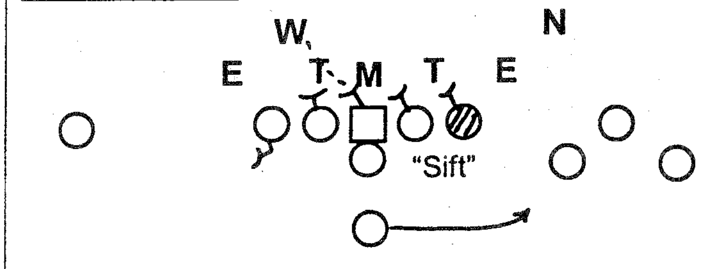
34	40
	

TRIPLE RT ARC RT HOT TRIPLE RT ARC RT HOT

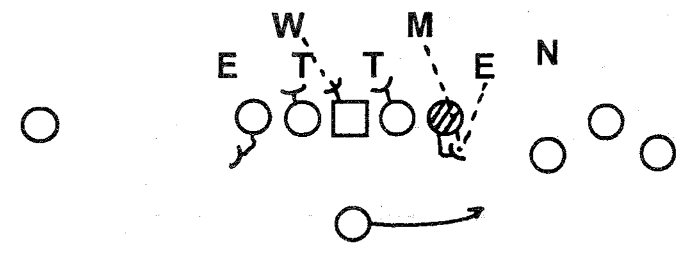
42



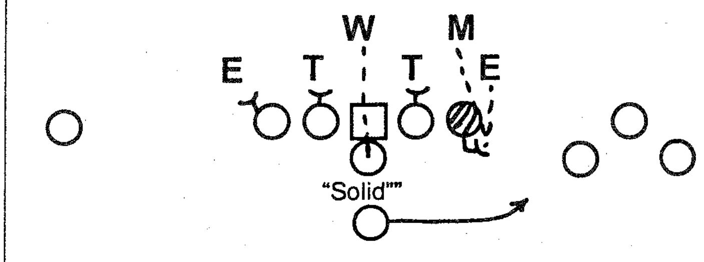
42 MIKE TUFF



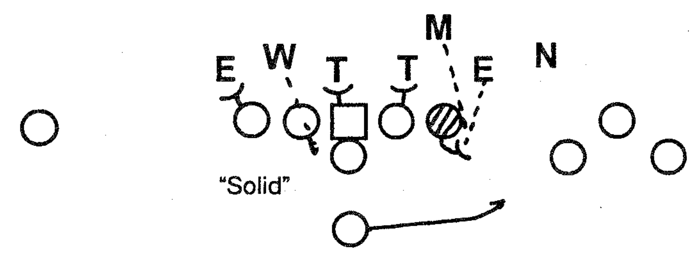
42 UNDER



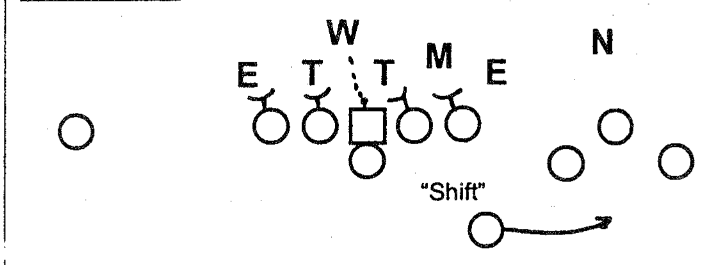
42



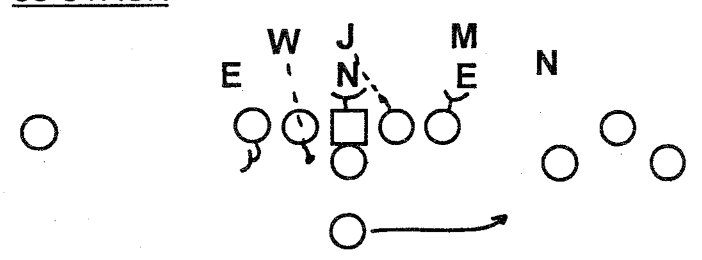
42 OVER



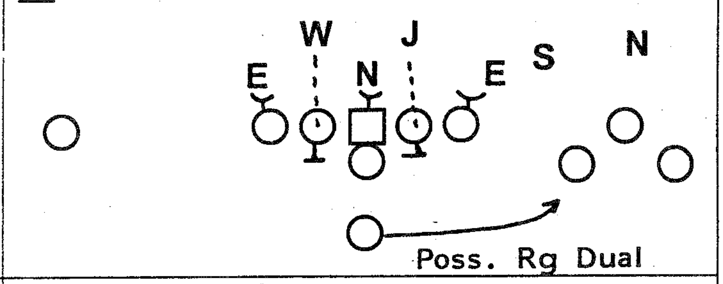
42 UNDER



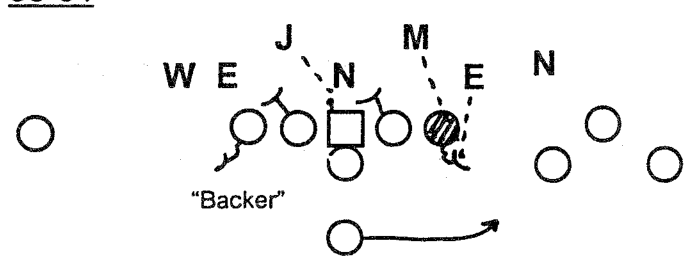
33 STACK



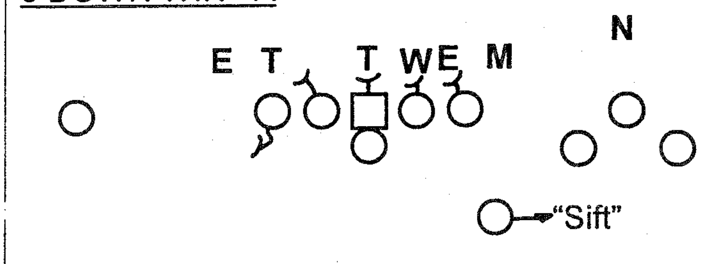
33



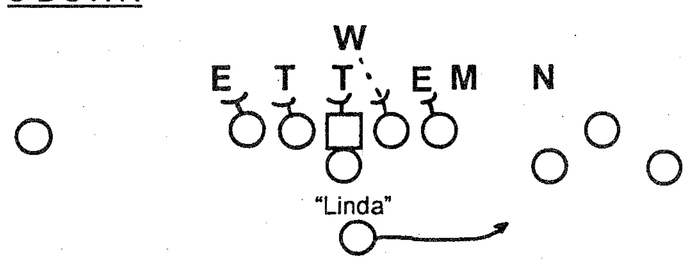
33-34



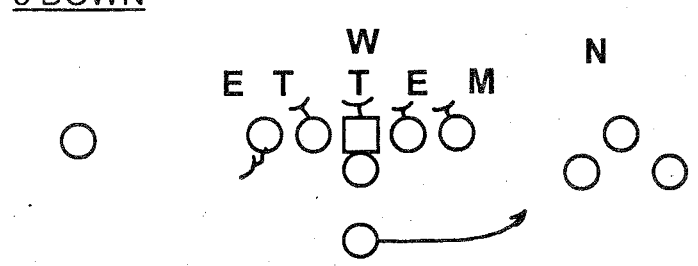
5 DOWN WIN +A



5 DOWN

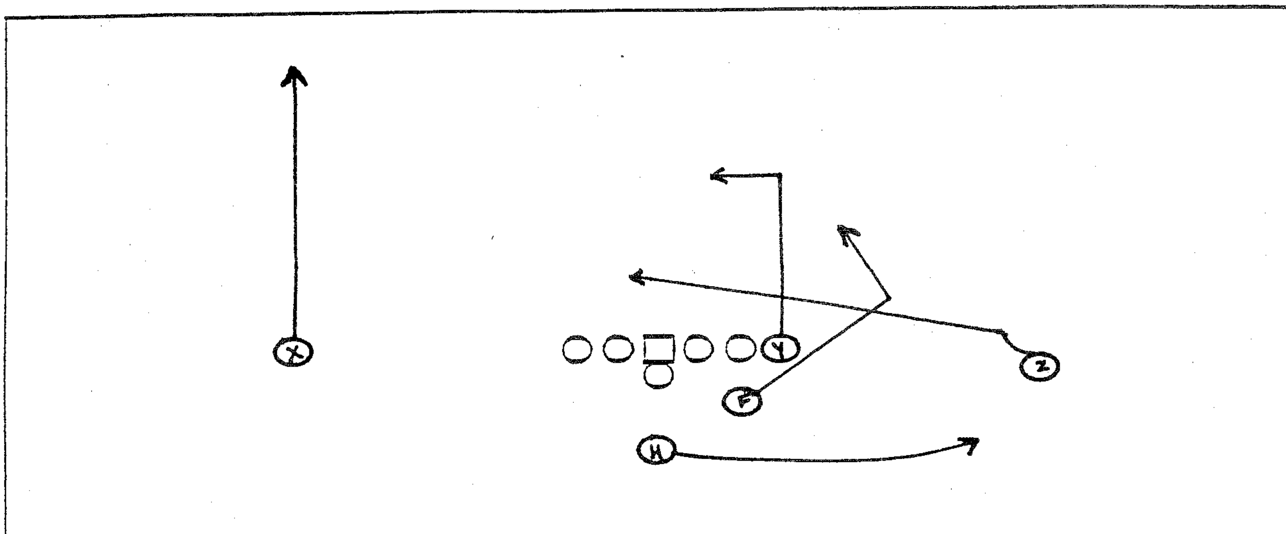


5 DOWN



JACK Rt 2Drive FAngle

940



QB:

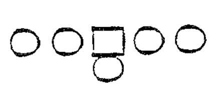
X Outside 9 Route
Y: Inside 4 Route
Z: Outside 0 Route

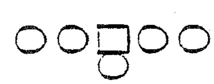
F: Angle
H: Swing

Notes:









ACT 2/3 4/5

ACT 2-3 PROTECTION

A two back 7-Man drop back protection. Both backs will go the call side and the Offensive Line will slide away from call. The Fullback will have the first Linebacker to the called side and the Tailback will have the second. We could turn this protection weak or strong. "**Hard**" calls are necessary only to the call side.

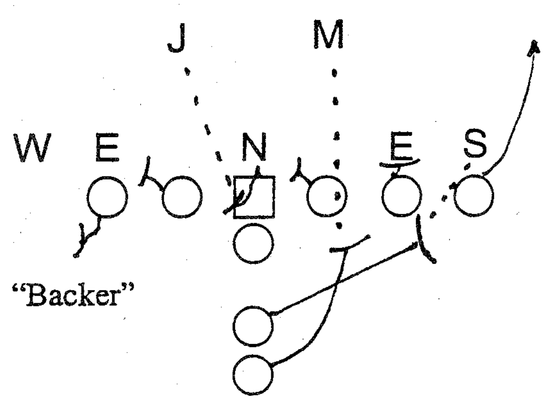
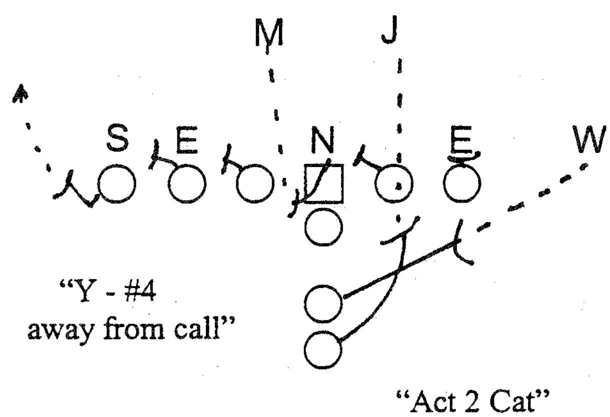
The depth of the pocket will be no deeper than 8 ½ yards deep.

C.P. Act 4-5 would switch Back's responsibilities (FB inside LB, HB outside LB)

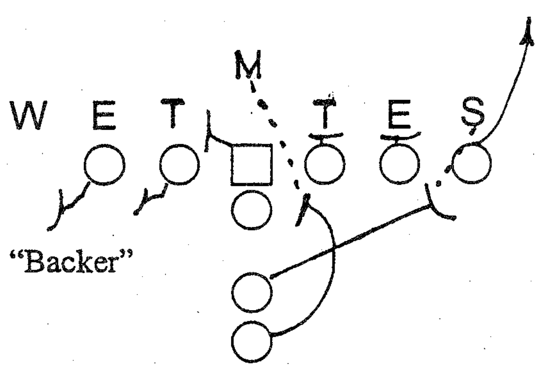
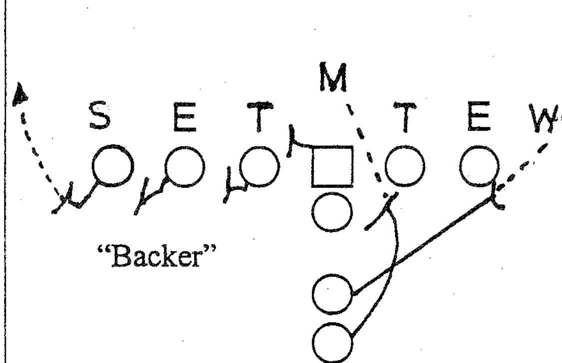
C.P. TE if away from the protection call check #4

C.P. The QB and X or Slot Receiver is responsible for weakside blitz.

ACT 2

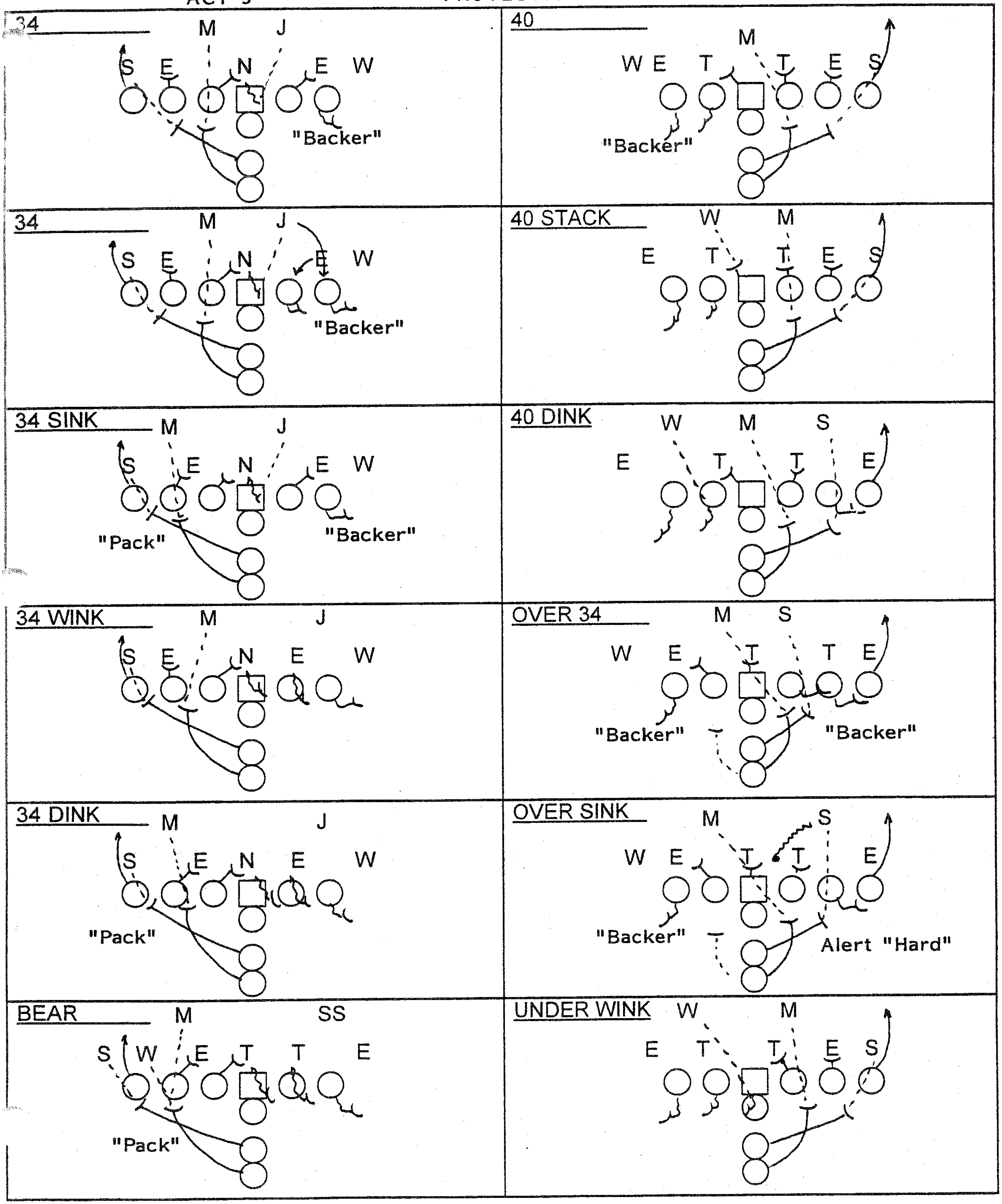
34	34
	

ACT 2

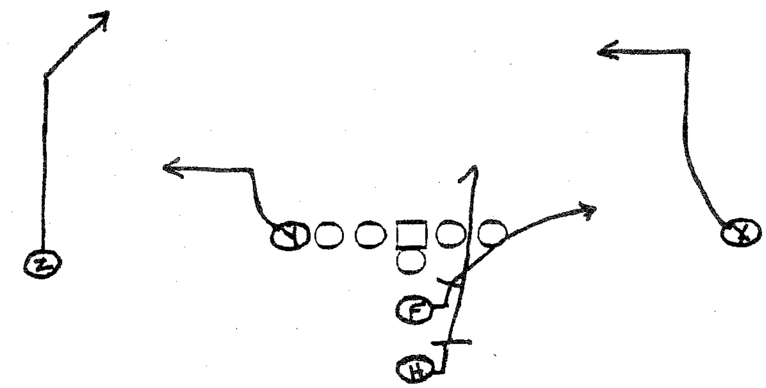
40	40
	

ACT 2/3 PROTECTION

ACT 3 | ACT 2



I LT ACT 2 SEAM 418

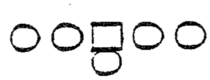


Q

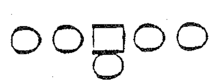
X Seam 4 Route
Y: Inside 1 Route
Z: Outside 8 Route

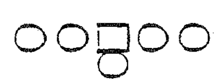
F: Check Flat
H: Check Down

Notes:



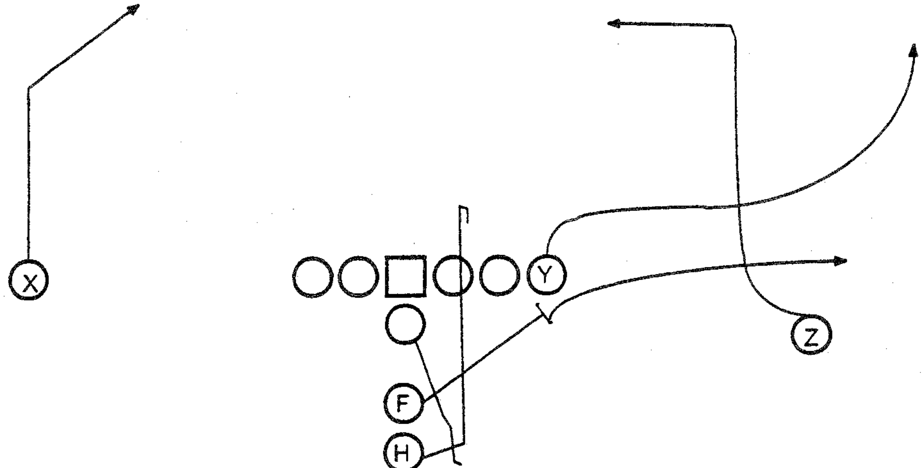






ACT 2 SEAM 418 WHEEL

I RT – ACT 2 SEAM 814 WHEEL

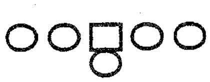


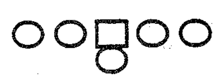
QB:

X Outside 8
Y: Wheel
Z: Seam 4

F: Check Flat
H: Check Through

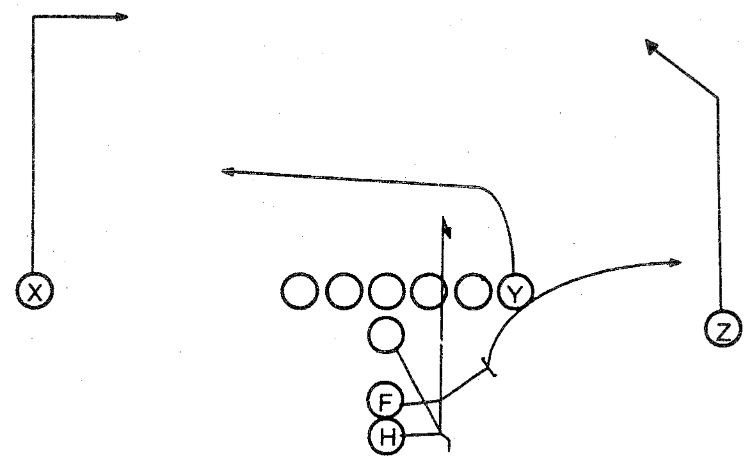
Notes:





ACT 2 428

I RT – ACT 2 428

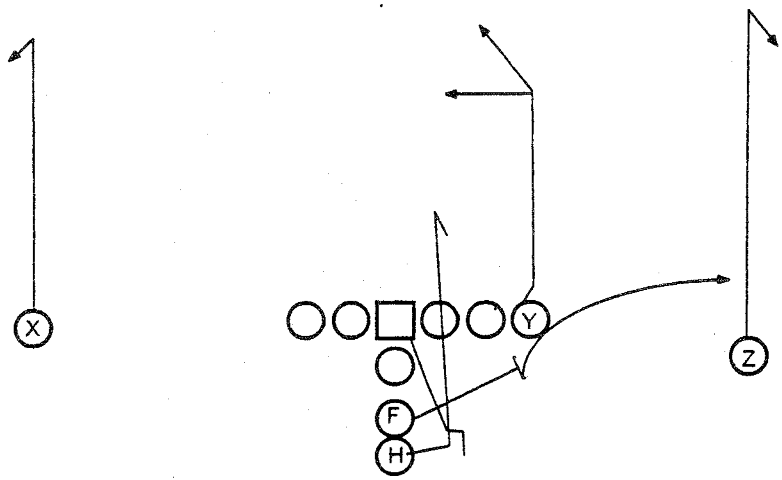


QB:	Notes:
X Outside 4 Y: Inside 2 Z: Deep 8 F: Check Flat H: Check Down	





I RT – ACT 2 585

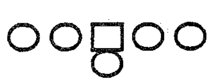


QB:

X Outside 5
Y: Inside 8
Z: Outside 5

F: Check Flat
H: Check Thru

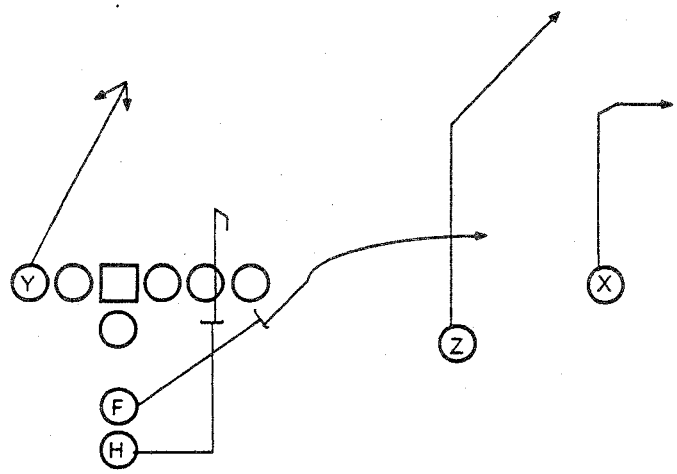
Notes:





ACT 2 (CAT) 673 FLAG

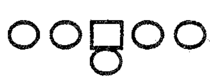
I LT SLOT – ACT 2 (CAT) 673 FLAG

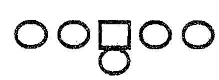


QB:

X	Outside 3
Y:	Inside 6
Z:	Flag 7
F:	Check Flat
H:	Check Thru

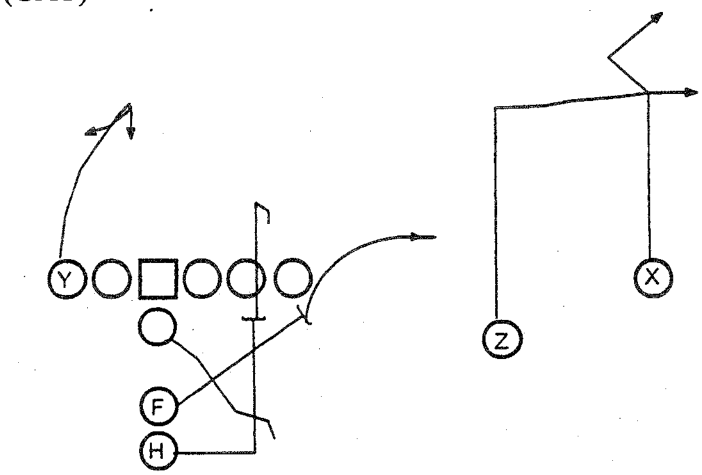
Notes:





ACT 2 677 SPECIAL (CAT)

I LT SLOT – ACT 2 677 SPECIAL (CAT)

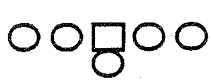


QB:

X Flag 7
Y: Inside 6
Z: Inside 7

F: Check Flat
H: Check Thru

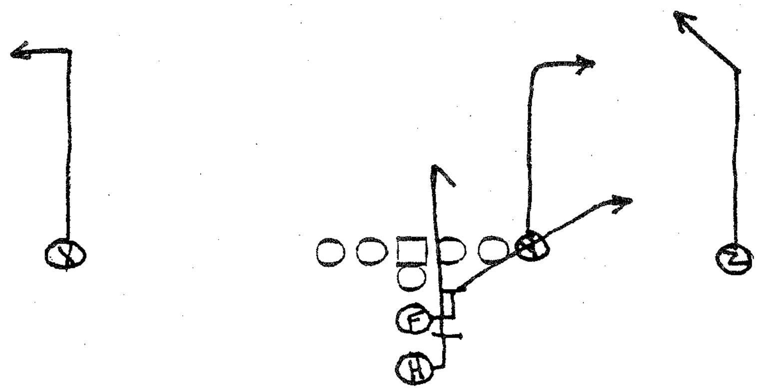
Notes:





778

I RT ACT 2 778



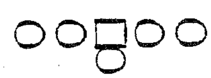
Q

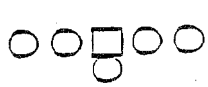
X Outside 7 Route
Y: Inside 7 Route
Z: Outside 8 Route (Deep 8)

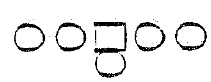
F: Check Flat
H: Check Hook

Notes:



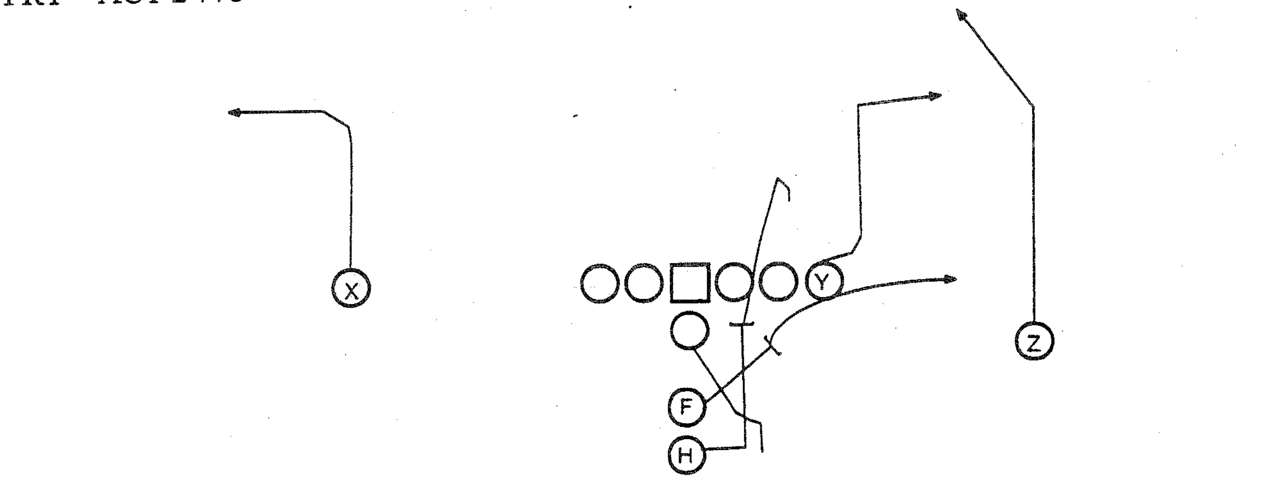






ACT 2 778

I RT – ACT 2 778



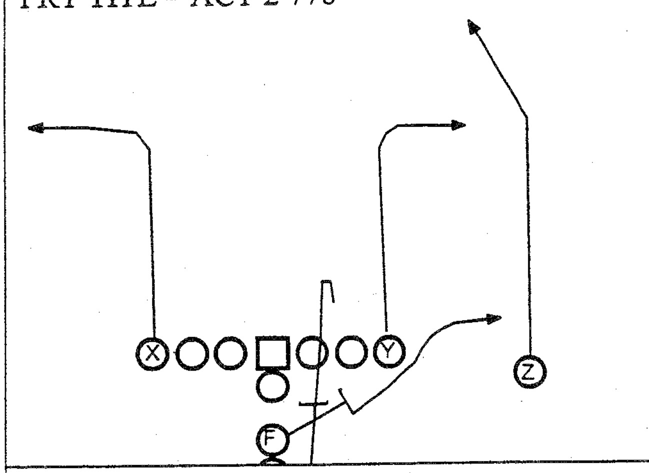
QB:

X Outside 7
Y: Inside 7
Z: Outside Deep 8

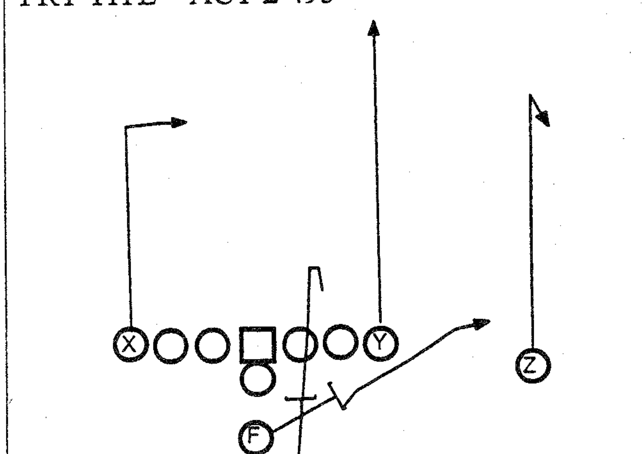
F: Check Flat
H: Check Thru

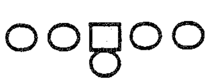
Notes:

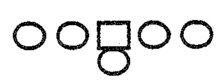
I RT TITE – ACT 2 778



I RT TITE – ACT 2 495

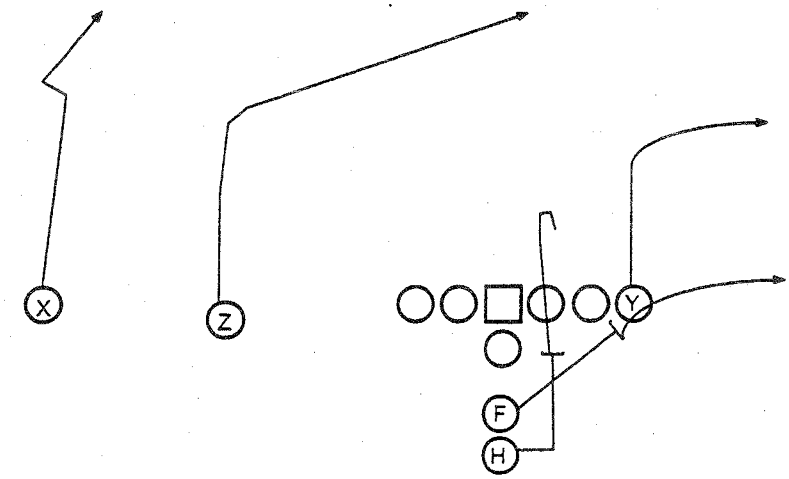






ACT 2 788

I RT SLOT – ACT 2 788

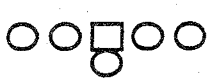


QB:

X Deep 8
Y: 7
Z: Deep 8

F: Check Flat
H: Check Through

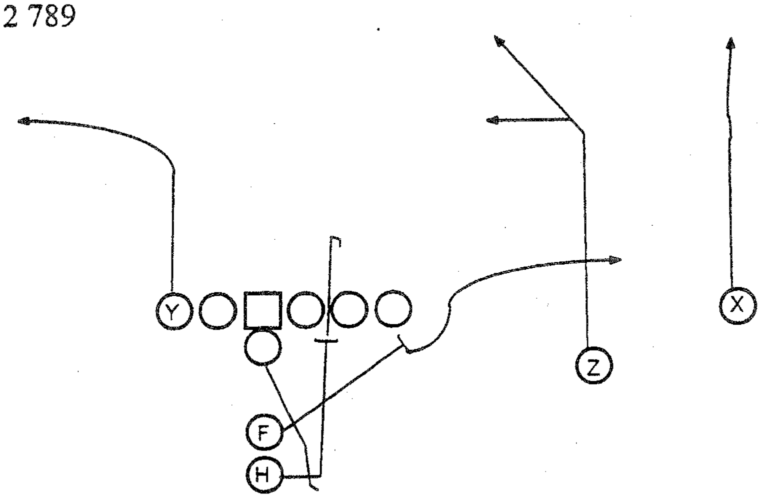
Notes:





ACT 2 789

I LT SLOT – ACT 2 789

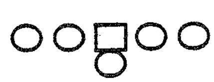


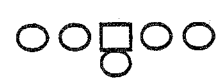
QB:

X Inside 8
Y: Inside 7
Z: Outside 9

F: Check Flat
H: Check Thru

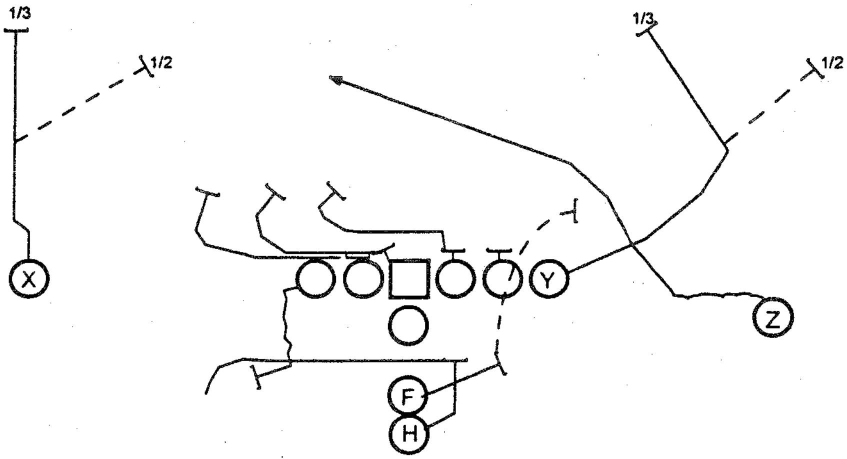
Notes:





ACT 2 HB SCREEN

I RT – ACT 2 HB SCREEN LEFT



QB: Fake Act 2, Settle and get deep

X Block Deep 1/3, vs. C2 Outside release and block Deep ½ .
Y: Block Deep Man your side ½ to 1/3. Vs. Man run off & block
Z: Run 2 Route, Look for Middle Safety or Mike LB

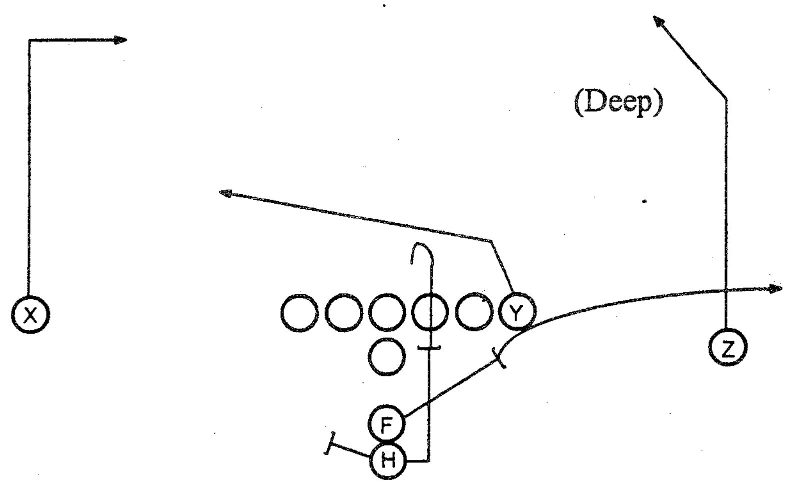
F: Block Act 2, if SLB Drops – release upfield, set up to block him as he comes to ball.
H: Block Act 2, if MLB Dogs – bang and get screen





ACT 2 CAT 428

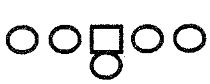
I RT – ACT 2 428



QB:

X	Outside 4
Y:	Inside 2
Z:	Deep 8
F:	Check Flat
H:	Check Down

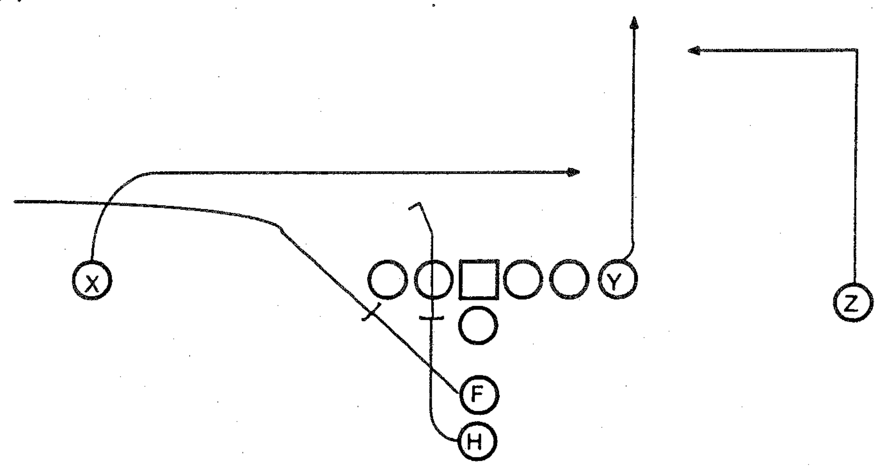
Notes:





094

I RT ACT 3 094



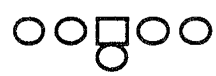
QB:

X
Y:
Z:

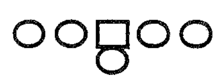
F:
H:

Notes:



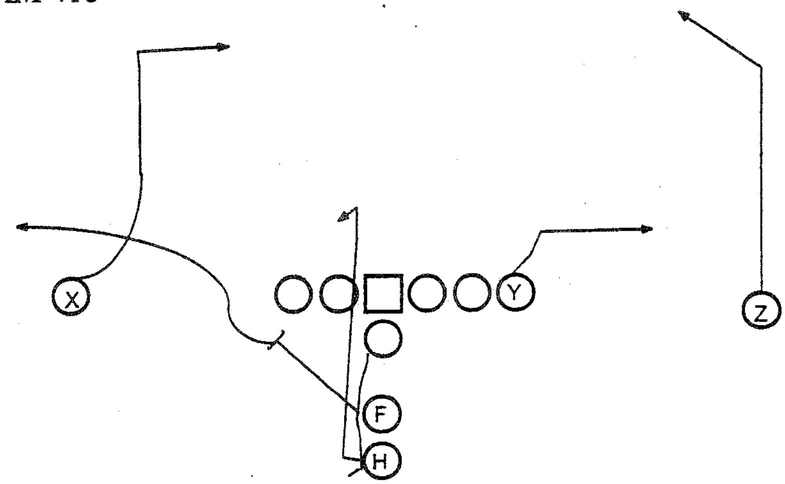






ACT 3 – SEAM 418

I RT – ACT 3 SEAM 418

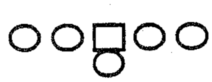


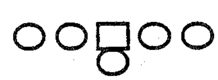
QB:

X Seam 4
Y: Teen
Z: Deep 8

F: Check Flat
H: Check Thru

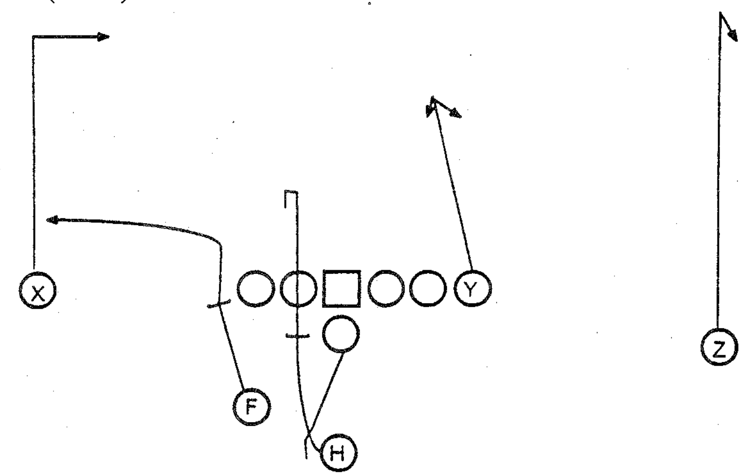
Notes:





ACT 3 465 (CAT)

FAR RT – ACT 3 465 (CAT)

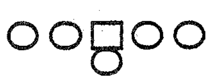


QB:

X	Outside 4
Y:	Inside 6
Z:	Outside 5

F:	Check Flat
H:	Check Thru

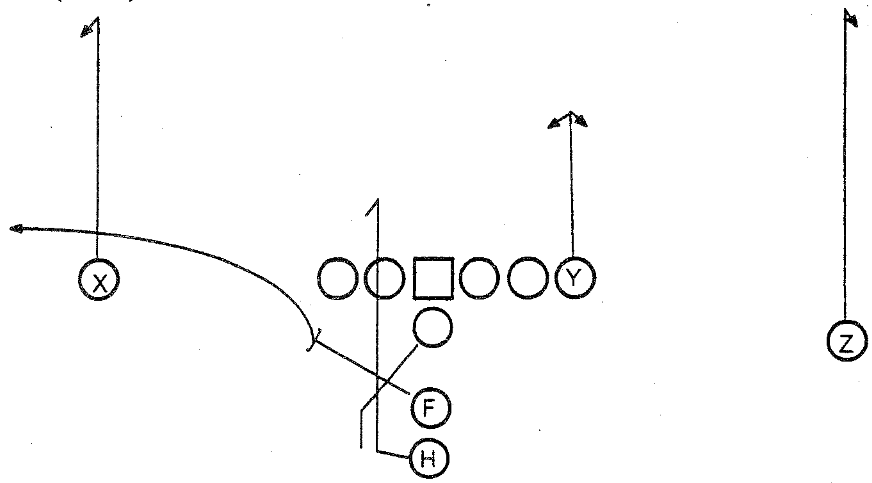
Notes:





ACT 3 565 (CAT)

I RT – ACT 3 565 (CAT)

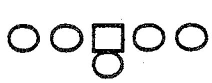


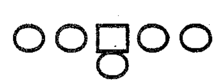
QB:

X Outside 5
Y: Inside 6
Z: Outside 5

F: Check Flat
H: Check Thru

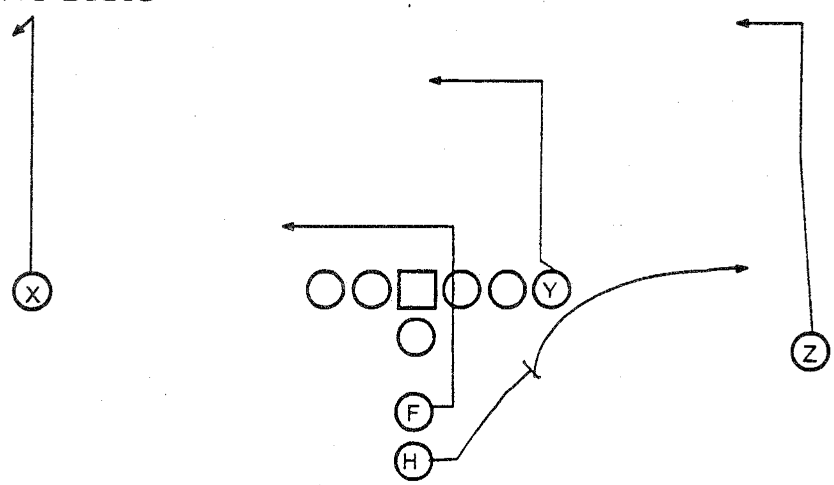
Notes:





ACT 4 544 F-DRAG

I RT – ACT 4 544 F-DRAG

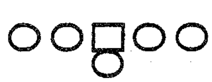


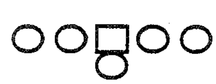
QB:

X Outside 5
Y: Inside 4
Z: Outside 4

F: Check Drag
H: Check Flat

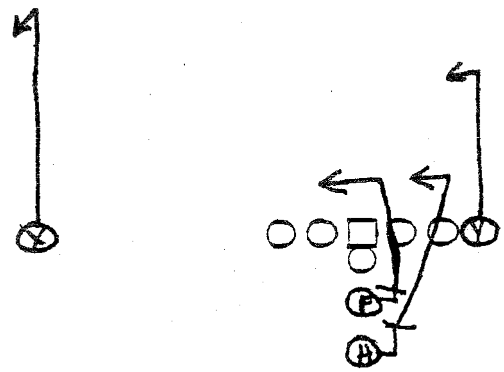
Notes:





544 LUCKY

I RT ACT 4 544 LUCY



Q

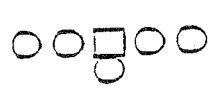
X Outside 5 Route
Y: Inside 4 Route
Z: Outside 4 Route

F: Check Lucky
H: Check Lucky

Notes:



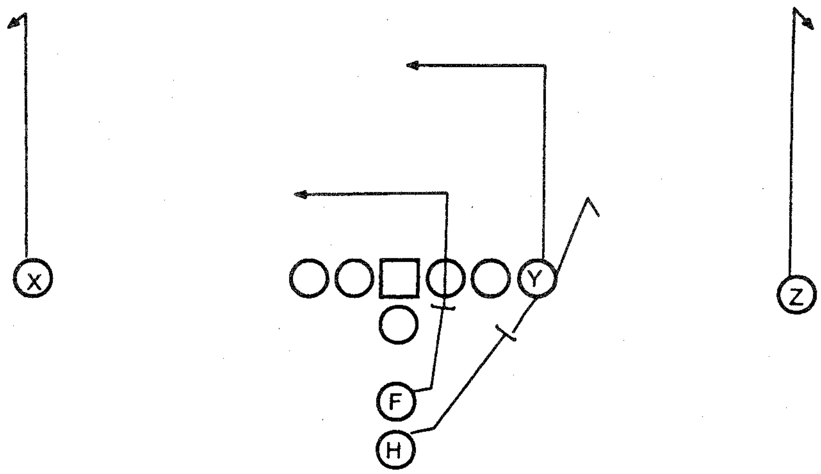






ACT 4 545 F-DRAG

I RT – ACT 4 545 F-DRAG THROTTLE



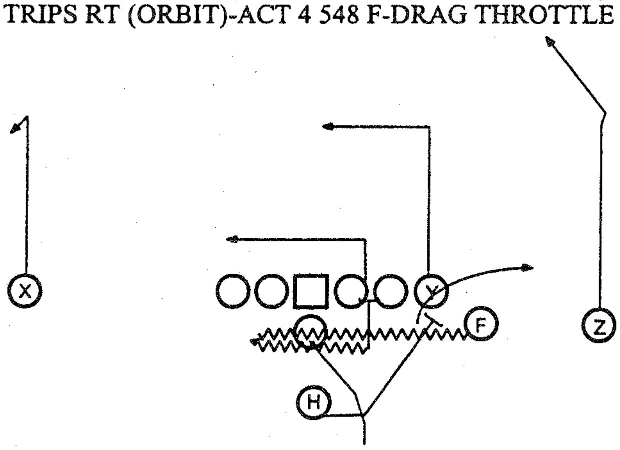
QB:

X Outside 5
Y: Inside 4
Z: Outside 5

F: Check Thru
H: Check Hook

Notes:

TRIPS RT (ORBIT)-ACT 4 548 F-DRAG THROTTLE



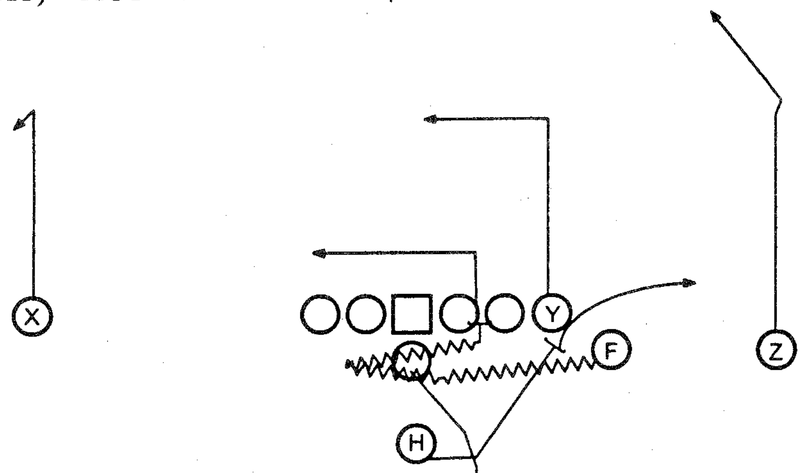






ACT 4 548 F-DRAG

TWINS RT (ORBIT) – ACT 4 548 F-DRAG



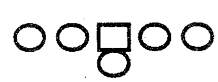
QB:

X Outside 5
Y: Inside 4
Z: Outside 8

F: Check Drag
H: Check Flat

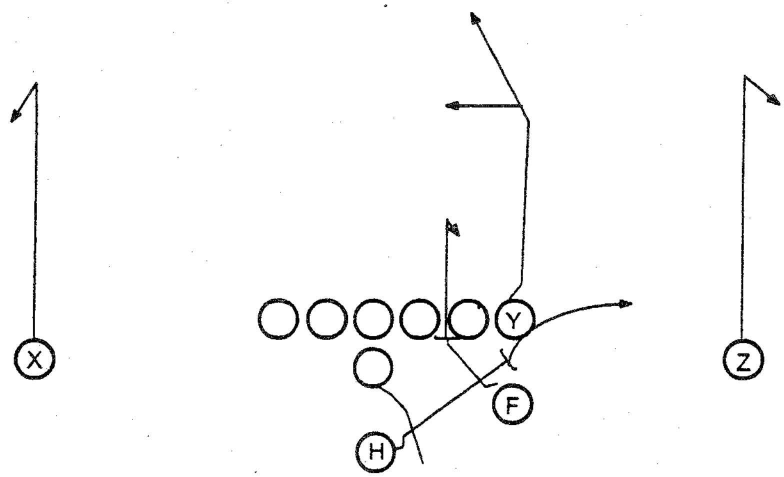
Notes:





ACT 4 585

NEAR RT – ACT 4 585



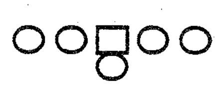
QB:

X Outside 5
Y: Inside 8
Z: Outside 5

F: Check Thru
H: Check Flat

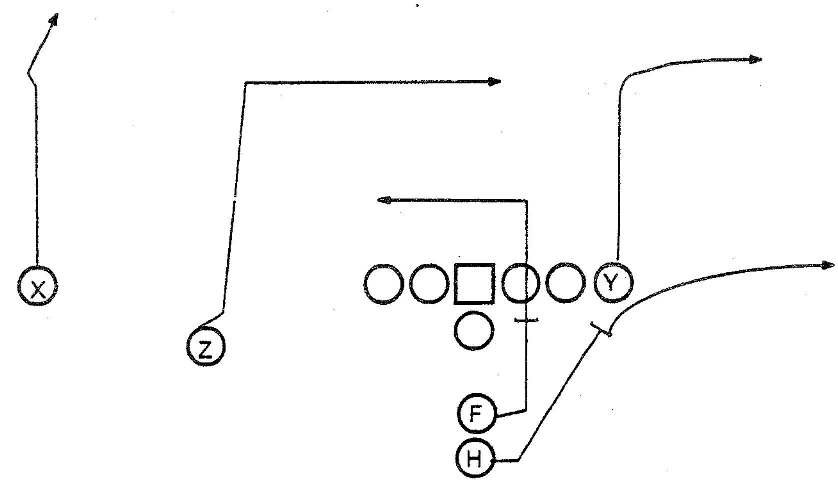
Notes:





ACT 4 748 F-DRAG

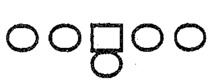
I RT SLOT – ACT 4 748 F- DRAG



QB:

X	Deep 8
Y:	Inside 7
Z:	Inside 4
F:	Check Drag
H:	Check Flat

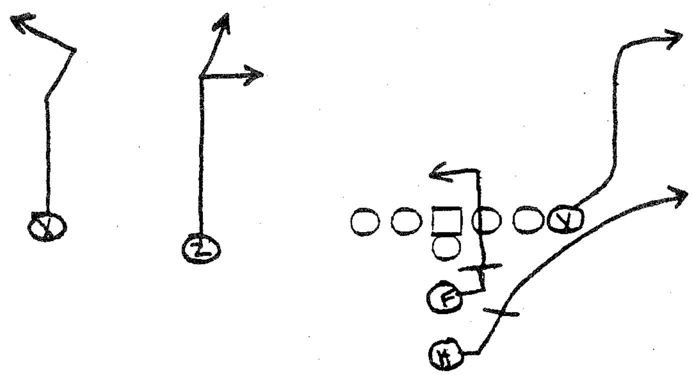
Notes:





Act 4 787 Squirrel F-Drag

I RT Slot Act 4 787 Squirrel F-Drag

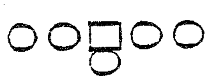


Q

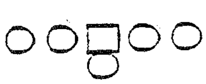
X Squirrel Route
Y: Inside 7 Route
Z: Outside 8 Route

F: Check Drag
H: Check Flat

Notes:



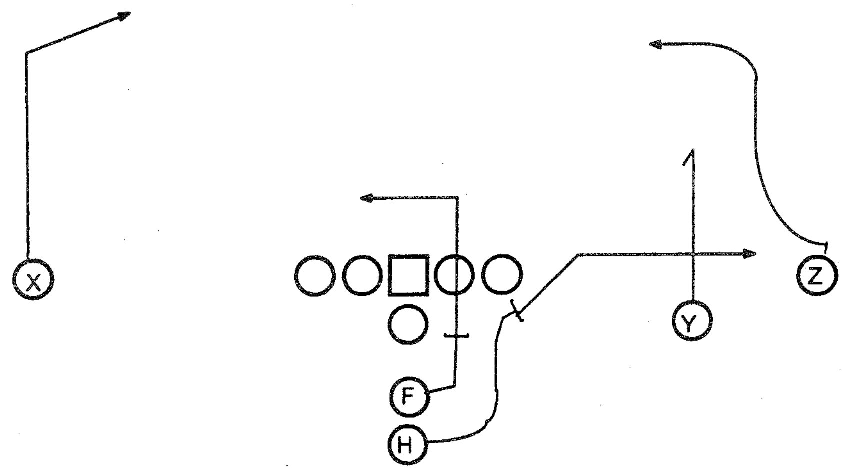






864 WRAP F-DRAG

I RT ACT 4 DEEP 864 WRAP F-DRAG



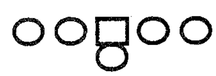
QB:

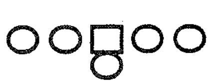
X
Y:
Z:

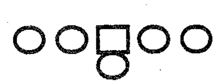
F:
H:

Notes:



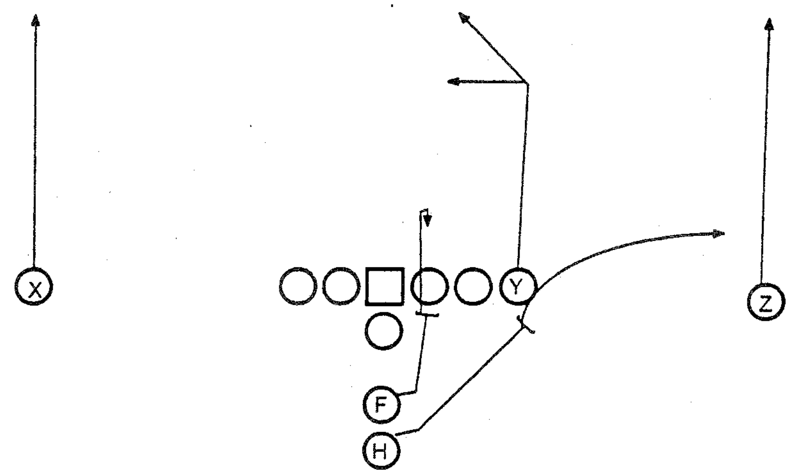






ACT 4 989

I RT – ACT 4 989



QB:

X	Outside 9
Y:	Inside 8
Z:	Outside 9
F:	Check Through
H:	Check Flat

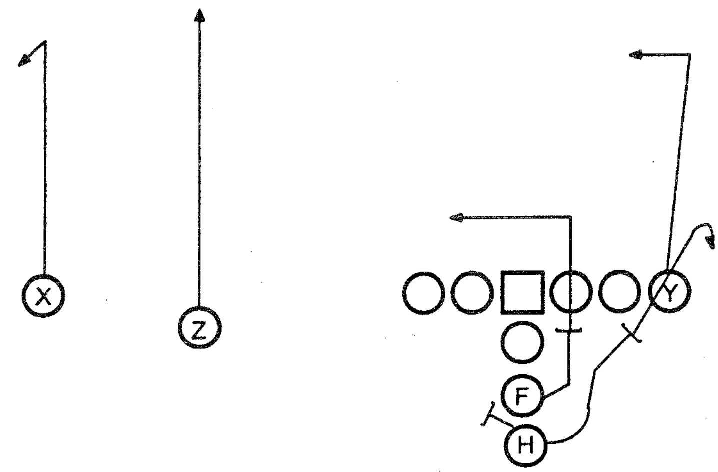
Notes:





495

I RT SLOT ACT 4 CAT 495 F-DRAG

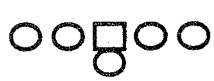


QB:

X
Y:
Z:

F:
H:

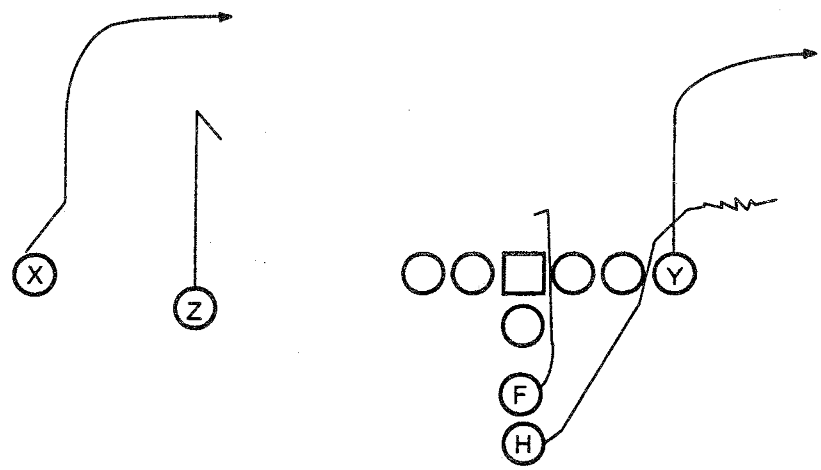
Notes:

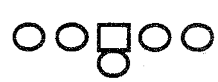




764 WRAP

I RT SLOT ACT 4 CAT 764 WRAP



QB: X Y: Z: F: H:	Notes:
	

TURN

File

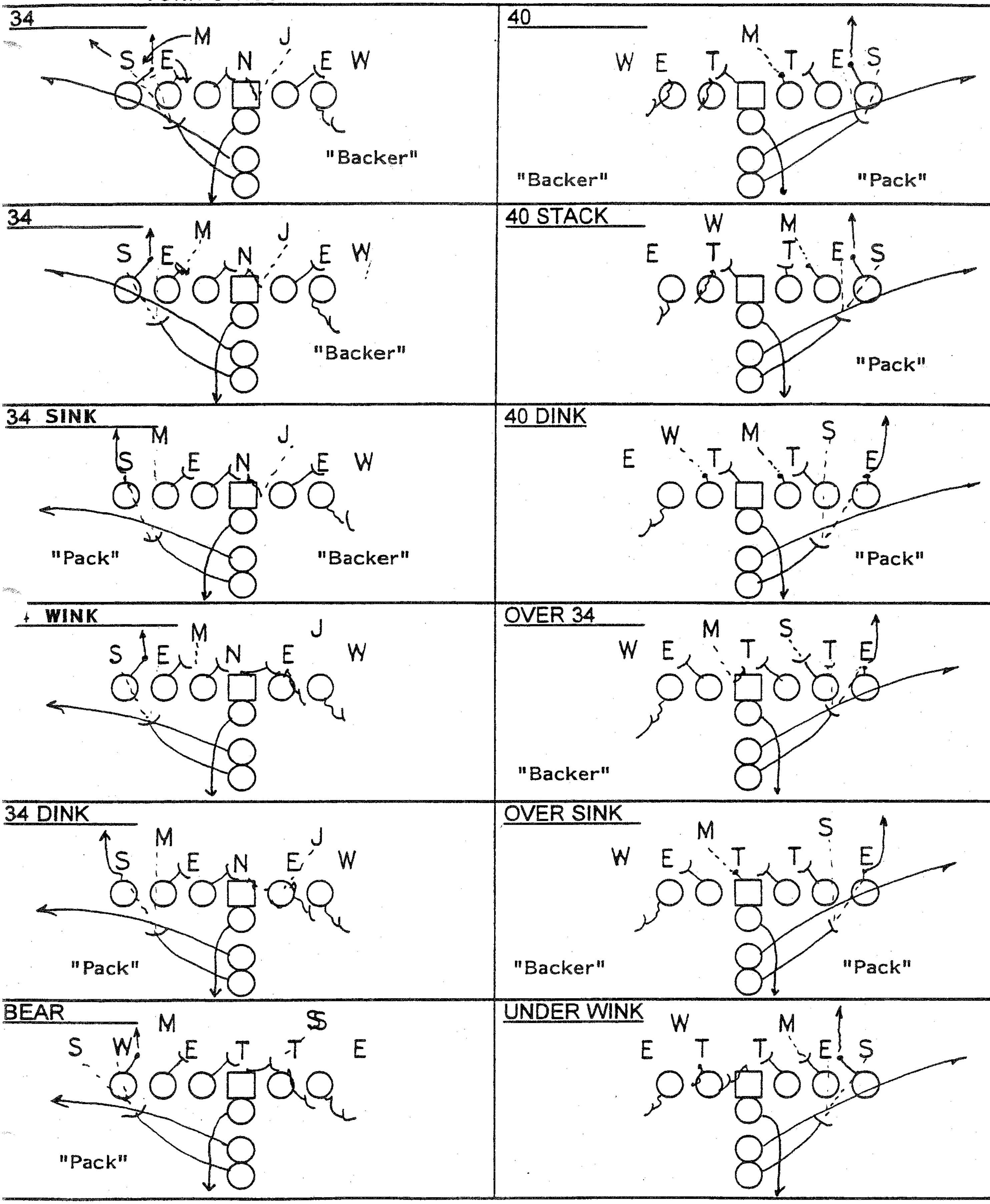
TURN 2-3 HOT PROTECTION

This is a 6-Man Play Action protection that allows the FB to free release to routes, the remaining Back will block the first man that shows outside the call side Tackle.

C.P. FB, hot off Sam, LB and SS. TE free release, unless backside of protection called.

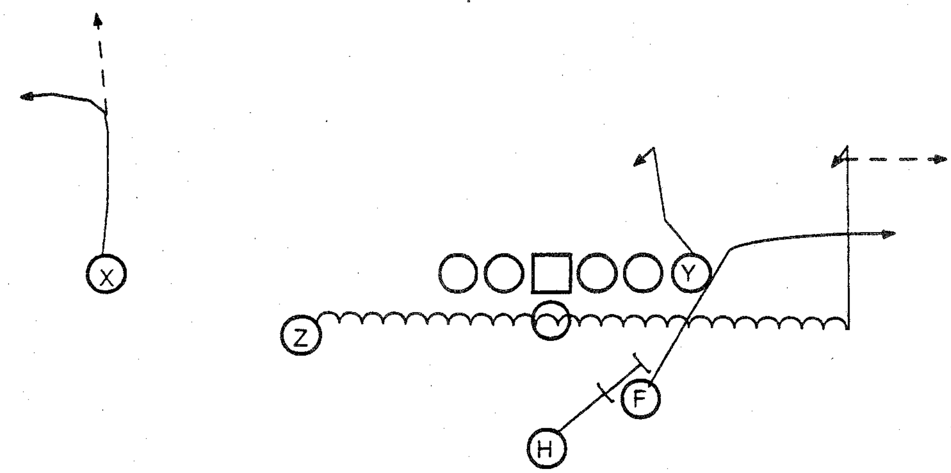
TURN 2/3 HOT PROTECTION

TURN 3 HOT — TURN 2 HOT

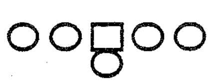


TURN 2 HOT 360 WHIP

NEAR RT ZOOM – TURN 2 HOT 360 WHIP



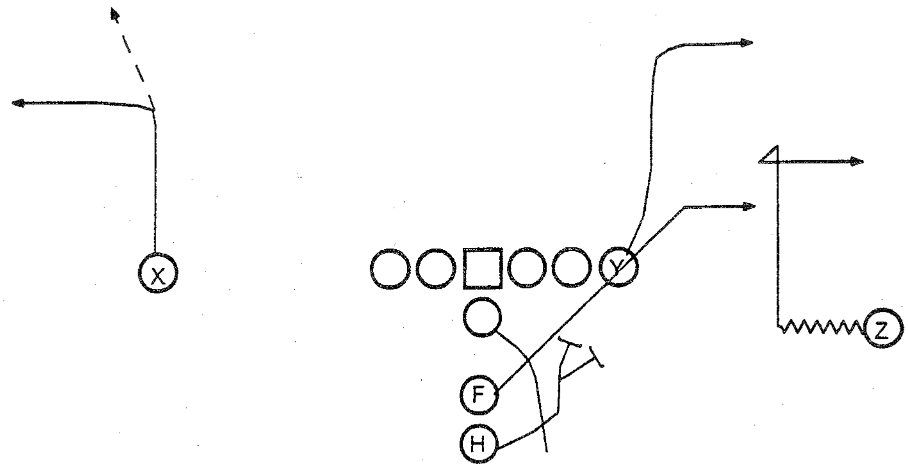
QB:		Notes:
X	Outside 3	
Y:	Inside 6	
Z:	0 Whip	
F:	Flat	
H:	Block 1st Defender Outside Tackle's Block	





TURN 2 HOT 370 WHIP

I RT (ZIP) – TURN 2 HOT 370 WHIP



QB:

X Outside 3
Y: Inside 7
Z: Outside Zero Whip

F: Flat
H: Block 1st Defender Outside Tackle's Block

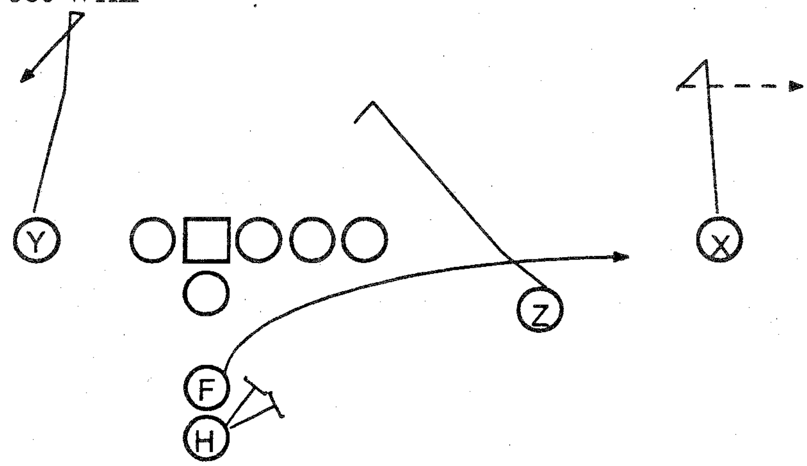
Notes:





660-670 WHIP

I LT SLOT – TURN 2 HOT 660 WHIP



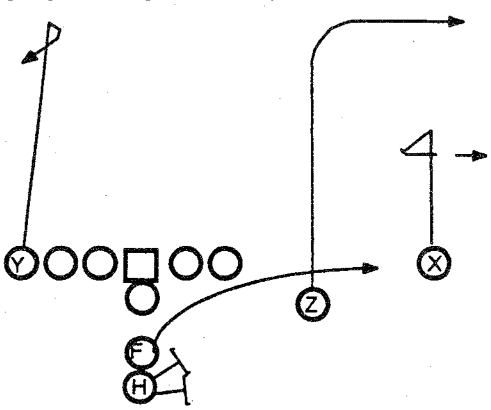
QB:

X 0 Whip Route
Y: 6 Route
Z: Inside 6 Route

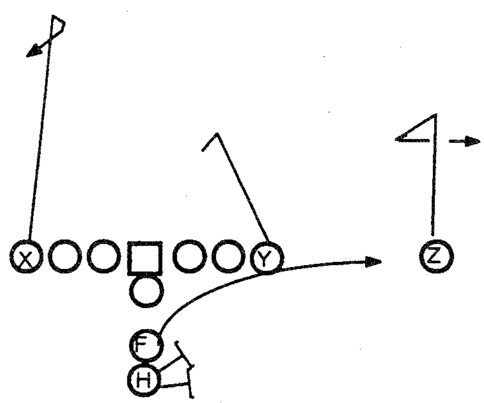
F: Flat Route
H: Block 1st Man outside Off. Tackle

Notes:

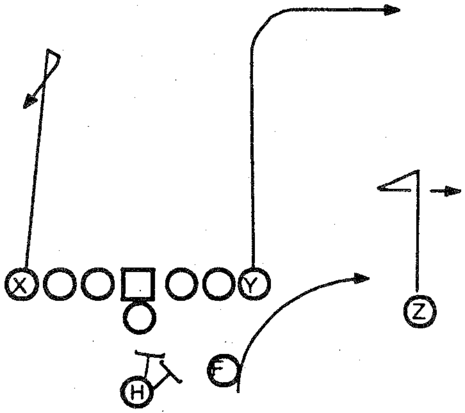
I LT SLOT – TURN 2 HOT 670 WHIP



NEAR RT TITE – TURN 2 HOT 660 WHIP



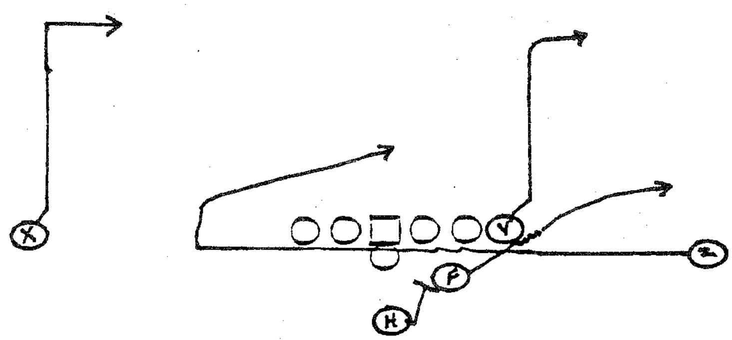
NEAR RT TITE – TURN 2 HOT 670 WHIP





704 F FLAT

NEAR RT SLOT ZOOM TURN 2 HOT 704 F FLAT



QB:

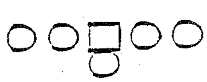
X
Y:
Z:

F:
H:

Notes:



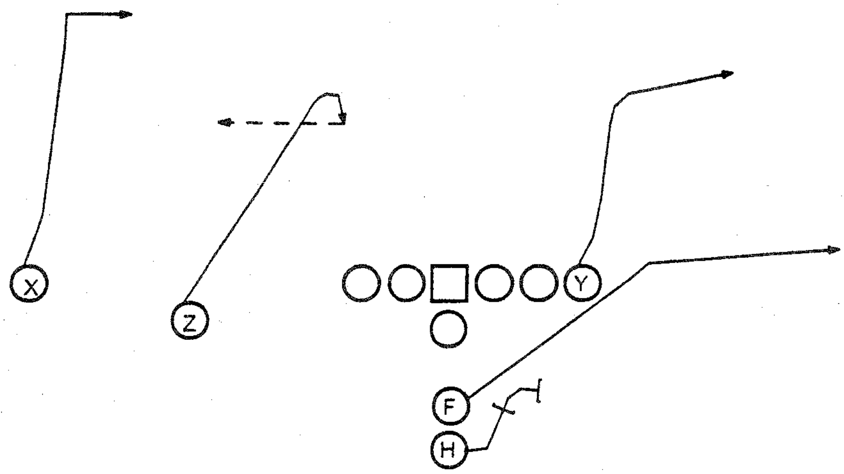






TURN 2 HOT 764 F-FLAT

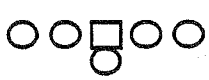
I RT SLOT – TURN 2 HOT 764 F-FLAT



QB:

X	Outside 4
Y:	Inside 7
Z:	Inside 6
F:	Flat
H:	Block 1st Defender Outside Tackle's Block

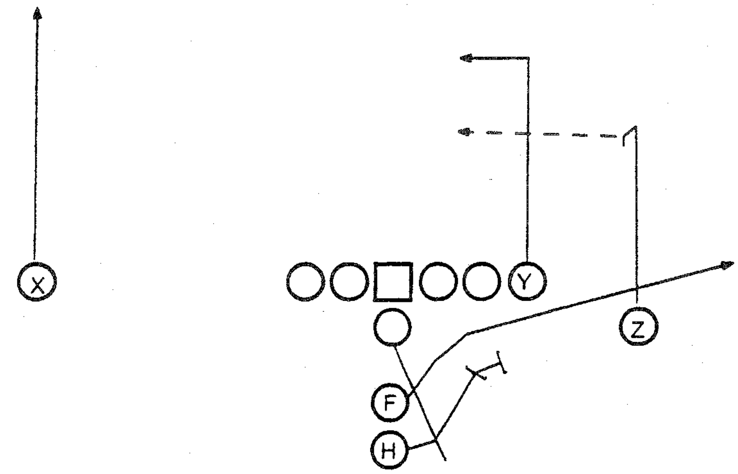
Notes:





TURN 2 HOT 940 SPOT

I RT WG – TURN 2 HOT 940 SPOT

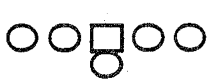


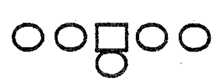
QB:

X Outside 9
Y: Inside 4
Z: Spot

F: Flat
H: Block 1st Defender Outside Tackle's Block

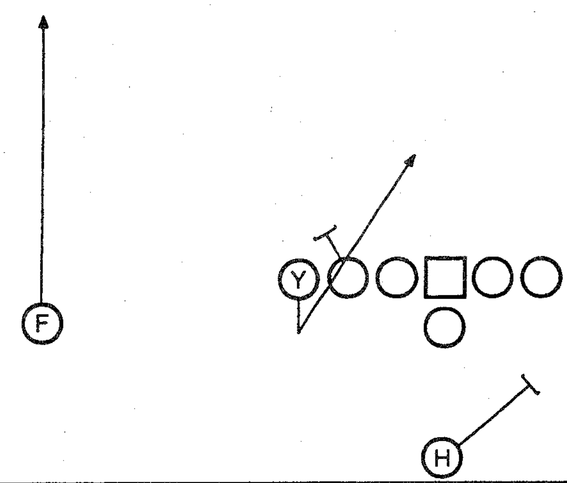
Notes:





Y-PICK

FLEX LT TURN 3 HOT Y-PICK

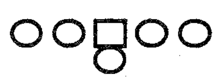


QB:

X
Y:
Z:

F:
H:

Notes:









QUICK TURN

QUICK TURN PROTECTION

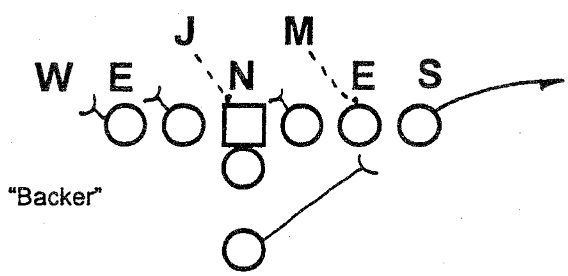
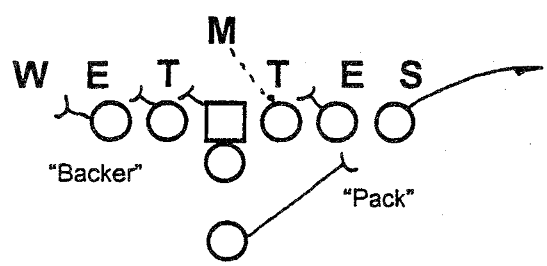
A two Back or one Back 6-Man Protection. The Offensive Line will block Turn Protection. The remaining Back will block the first man that shows outside the call side Tackle.

The depth of the pocket will be no deeper than 5 yards.

Safety Blitz Weak will be handled by the Quarterback and X Receiver.

Strong side hots are built in.

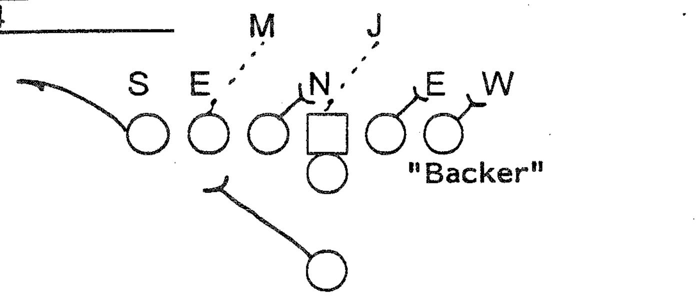
QUICK TURN 2

34	40
	

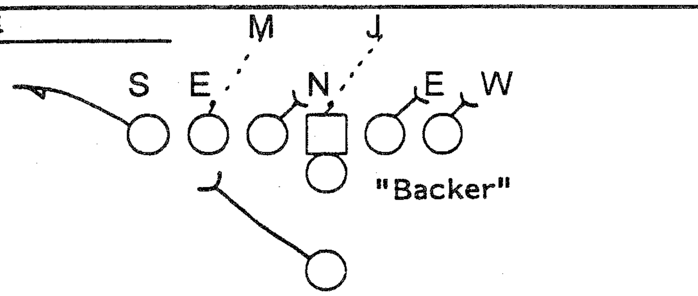
QUICK TURN PROTECTION

QUICK TURN 3

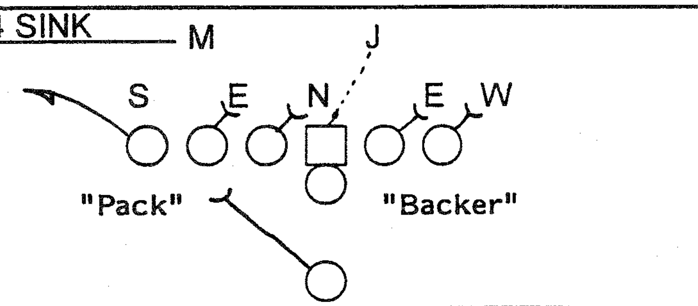
34



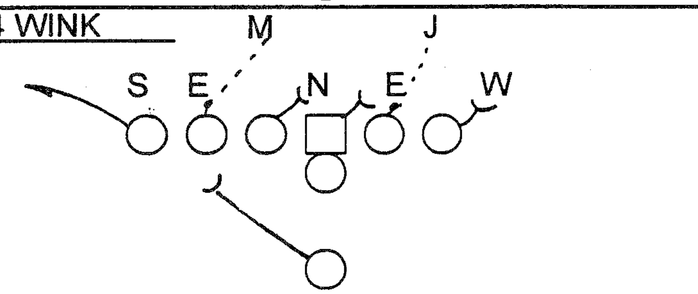
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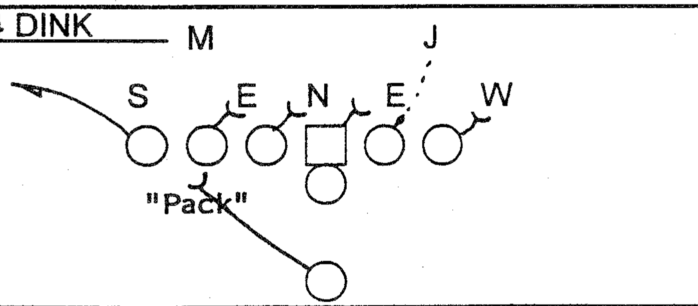
34 SINK



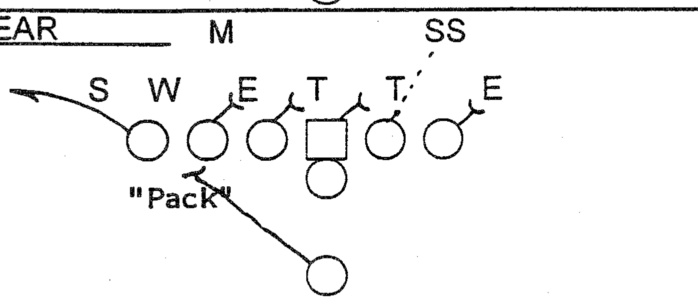
34 WINK



34 DINK

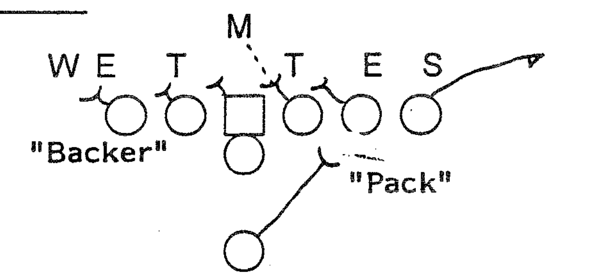


BEAR

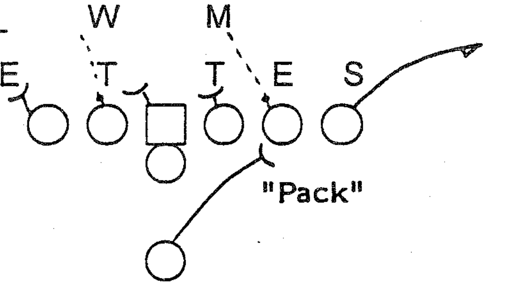


QUICK TURN 2

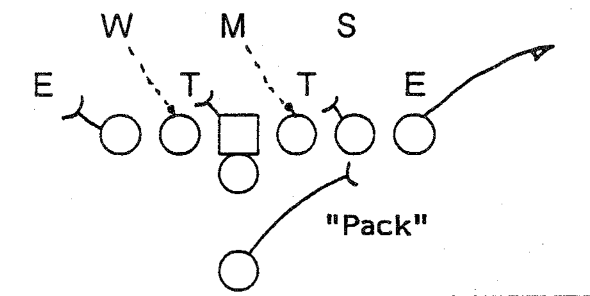
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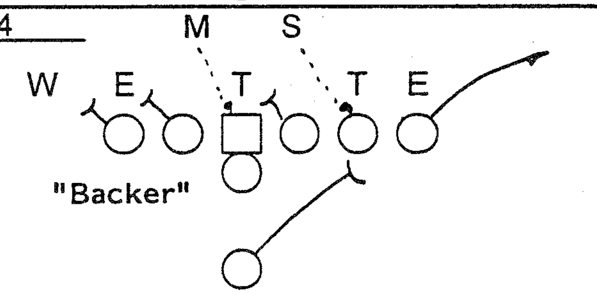
40 STACK



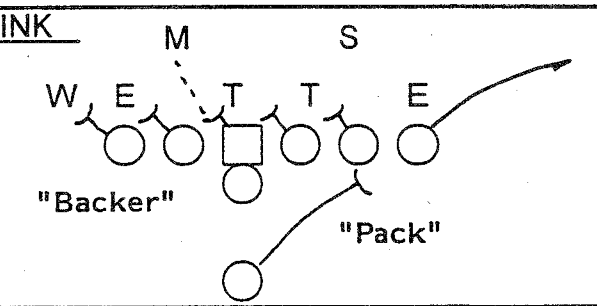
40 DINK



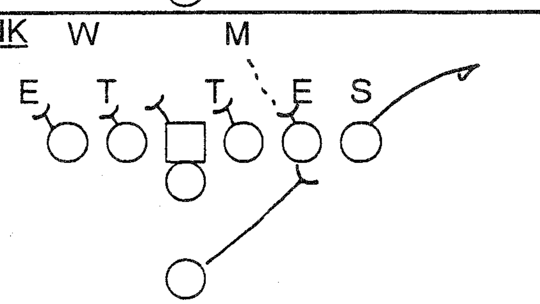
OVER 34



OVER SINK



UNDER WINK



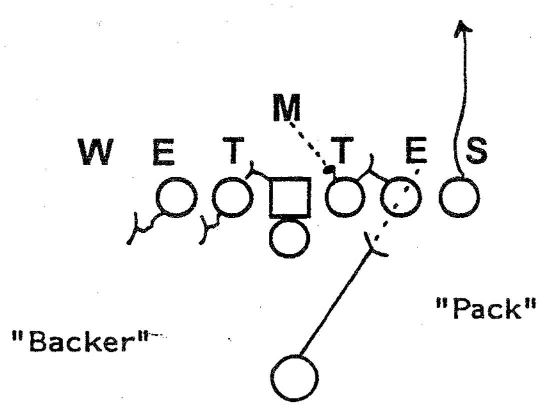
QUICK TURN 2 AND 3 HOT PROTECTION

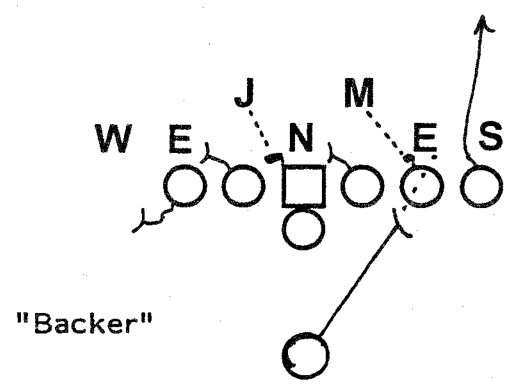
This is a 6-Man protection with the same rules as Turn 2 and 3 Hot protections. The Offensive Line will block "Turn" protection. The remaining Back will block the first man that shows outside the callside Tackle.

The depth of the pocket will be no deeper than 5 yards.

QUICK TURN 2 HOT

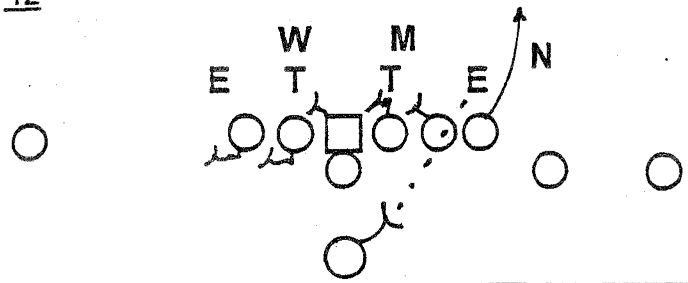
40	34



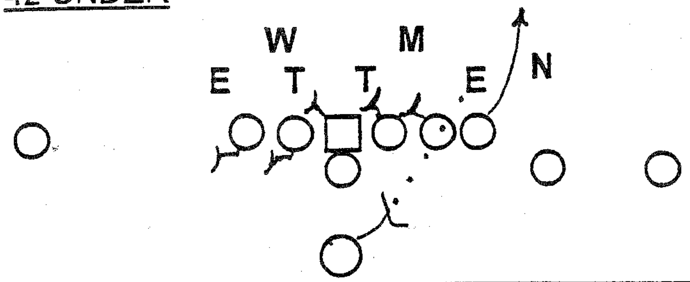


TWINS RT QUICK TURN 2

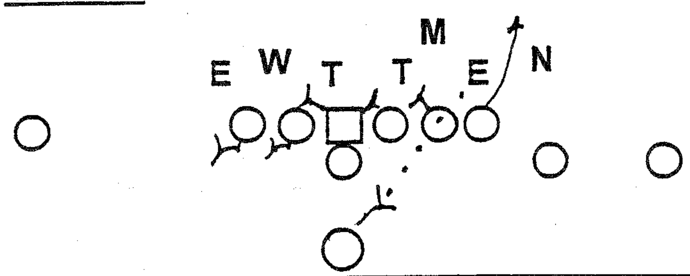
42



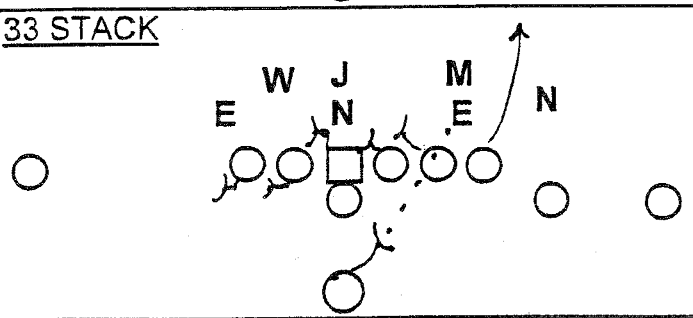
42 UNDER



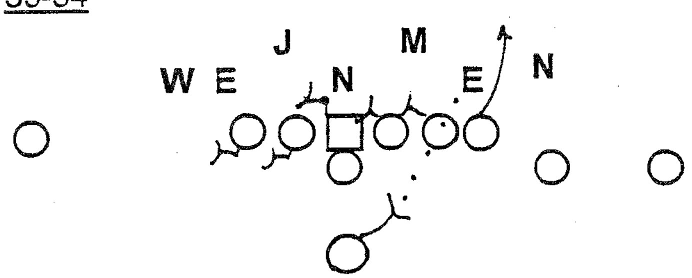
42 OVER



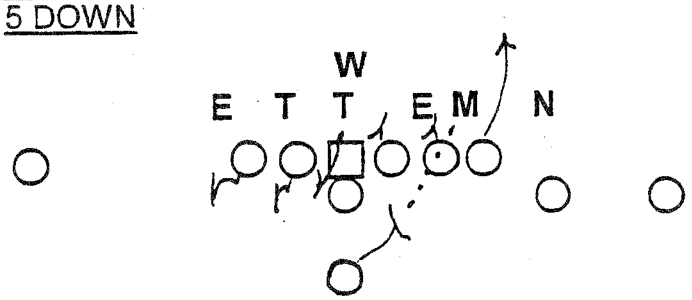
33 STACK



33-34

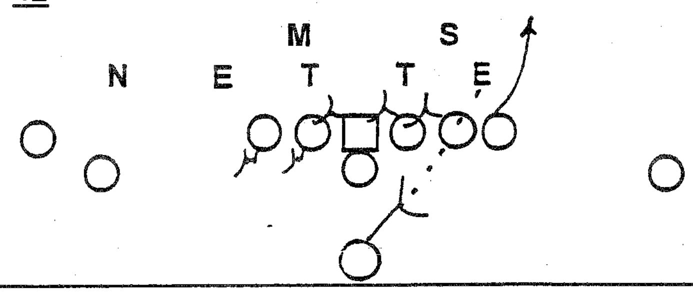


5 DOWN

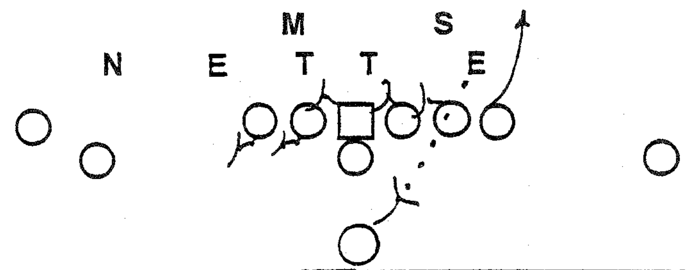


DOUBLE RT QUICK TURN 2

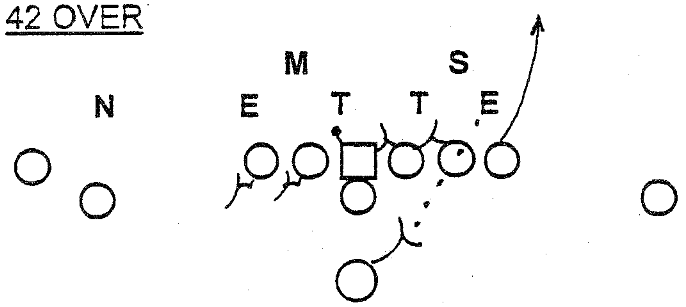
42



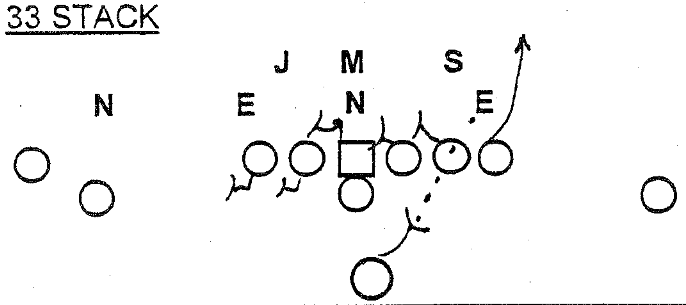
42 UNDER



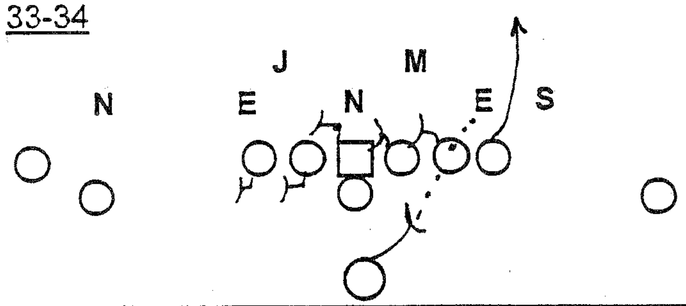
42 OVER



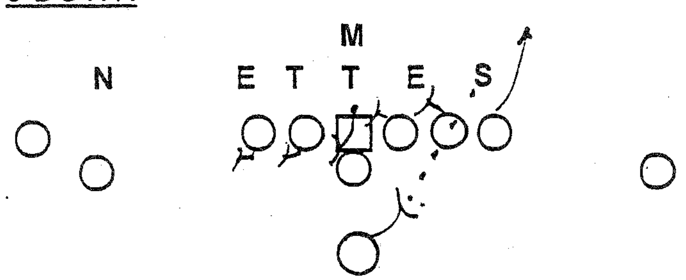
33 STACK



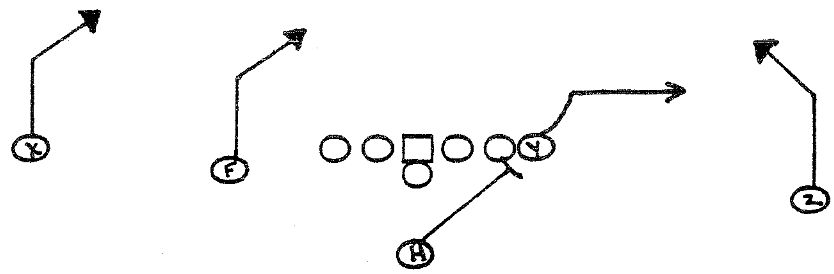
33-34



5 DOWN



DOUBLE RT QUICK TURN 2 212 F-SLANT



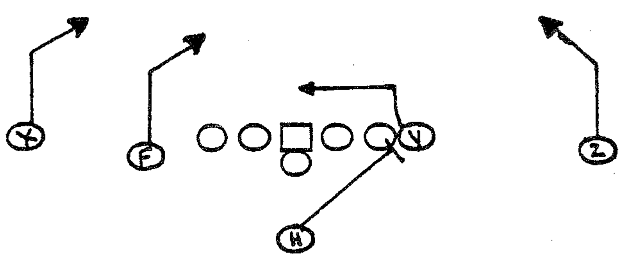
Q

X Outside 2 Route
Y: Teen
Z: Outside 2 Route

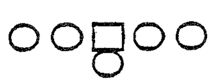
F:
H: Block Protection

Notes:

DOUBLE RT QUICK TURN 2 222









CHARLIE

CHARLIE 2 AND 3 PROTECTION

This is a 7-Man protection. The remaining back and Tight End will end up on the called side. The Line will slide away from the call side. The TE replaces the FB in this protection and because of his L.O.S. position could end up on the DL.

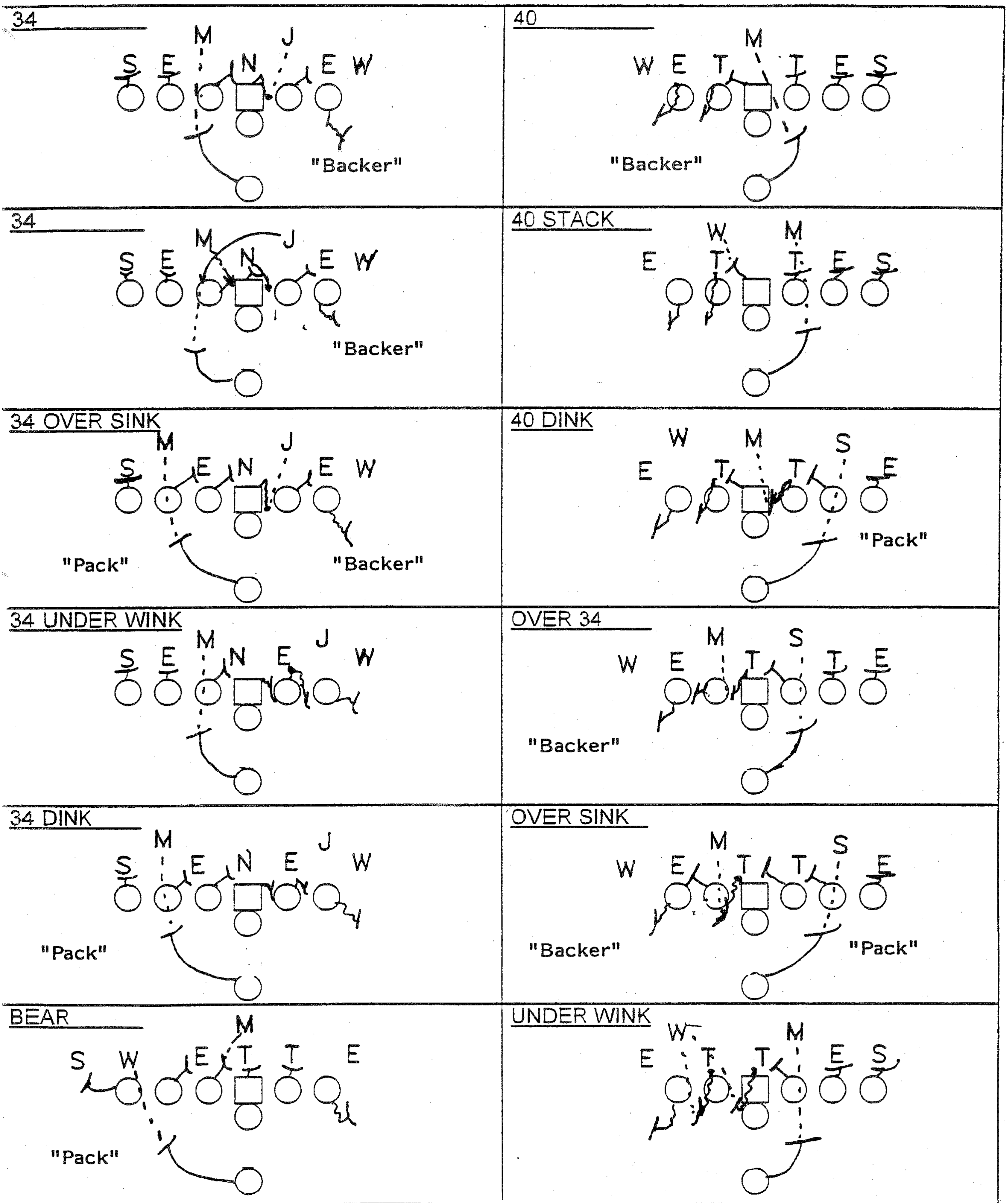
The depth of the pocket will be no deeper than 8 ½ yards deep.

C.P. The onside Tackle will turn when uncovered, Alert Out call vs. Wide Looks.

C.P. If we call Charlie 10 or 11 this simply means that QB will now take a Quick 3-step drop.

CHARLIE 2/3 PROTECTION

3 2

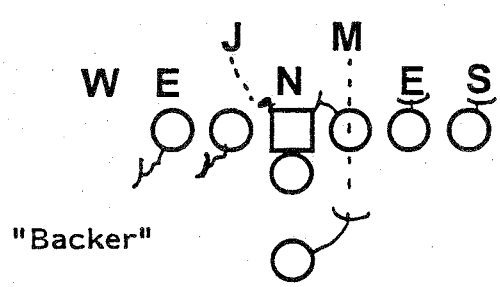
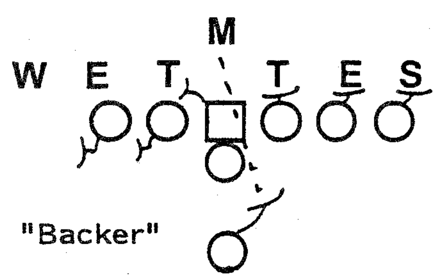


CHARLIE 2 AND 3

This is a 7-Man protection system. The remaining Back and Tight End will block to the Call side The Line will slide away from the call side. The Tight End has replaced the Fullback in this protection and because of his L.O.S. position could end up blocking a defensive linemen.

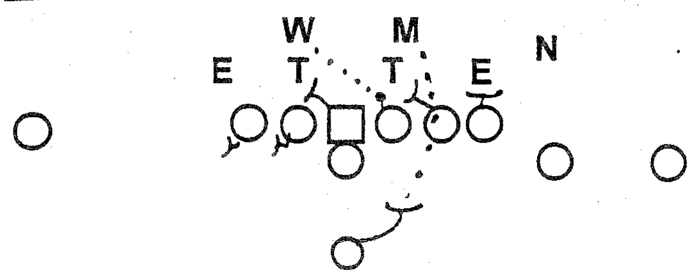
C.P. The onside Tackle will turn vs. Bubble over Tackle.

CHARLIE 2

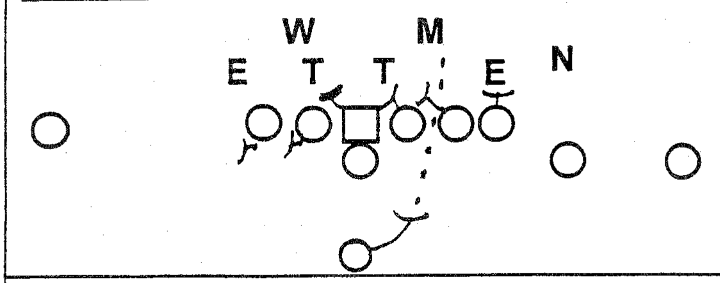
34	40
	

TWINS RT CHARLIE 2

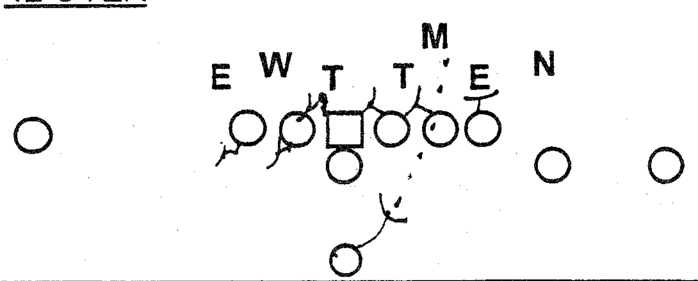
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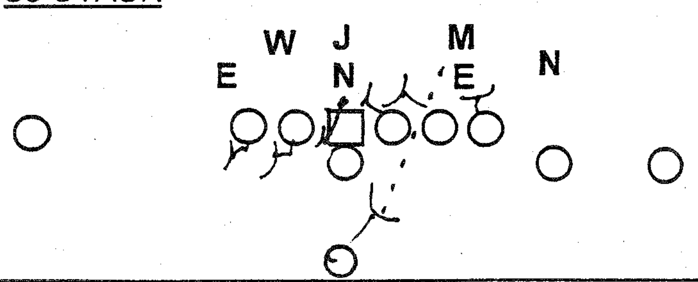
42 UNDER



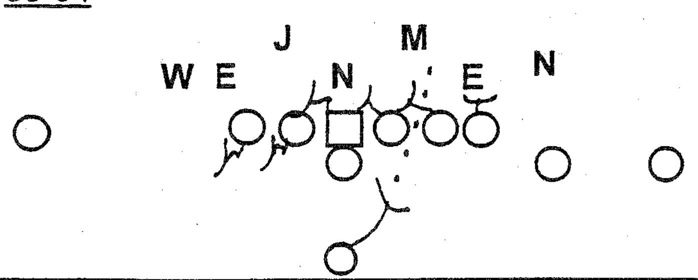
42 OVER



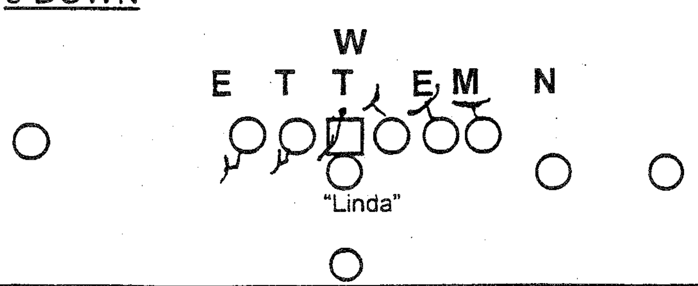
33 STACK



33-34

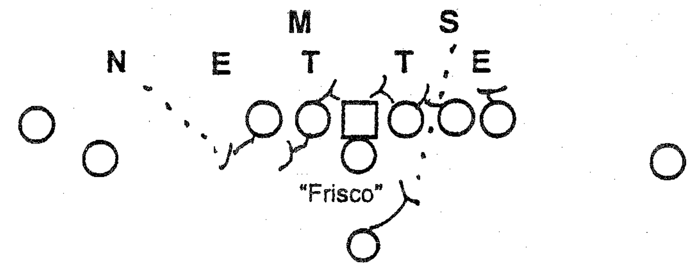


5 DOWN

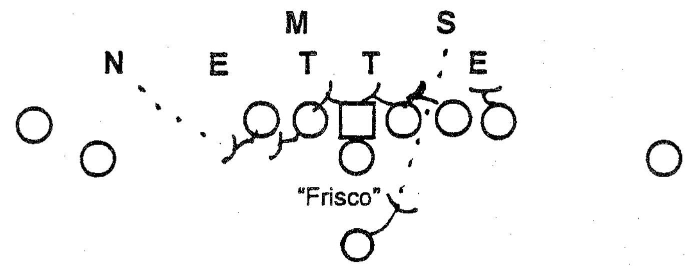


DOUBLE RT CHARLIE 2

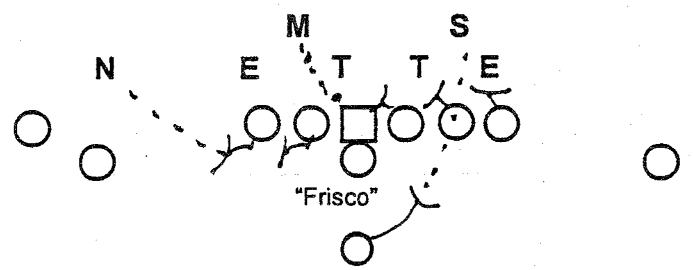
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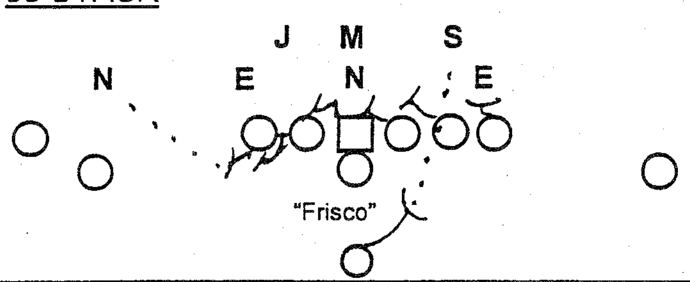
42 UNDER



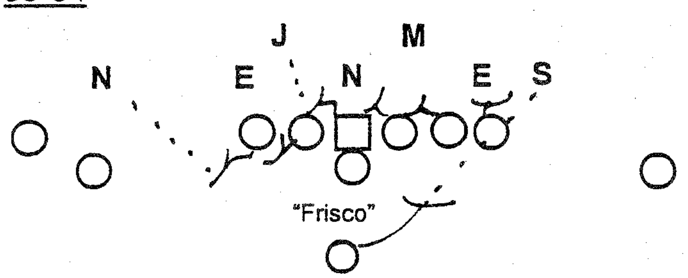
42 OVER



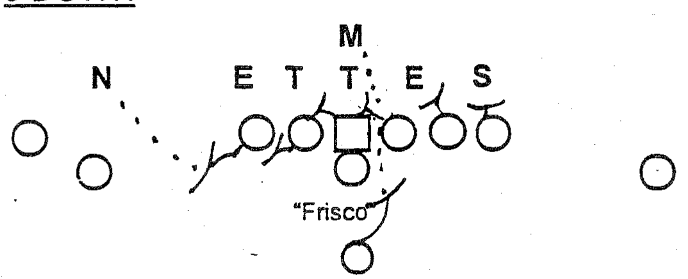
33 STACK



33-34



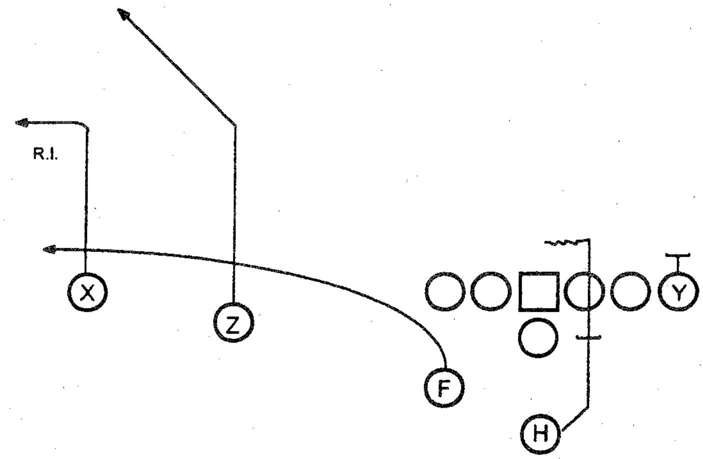
5 DOWN



Form 2

73 FLAG F FLAT

FAR RT SLOT CH 2 OH 73 FLAG F FLAT



QB:

X

Y:

Z:

F:

H:

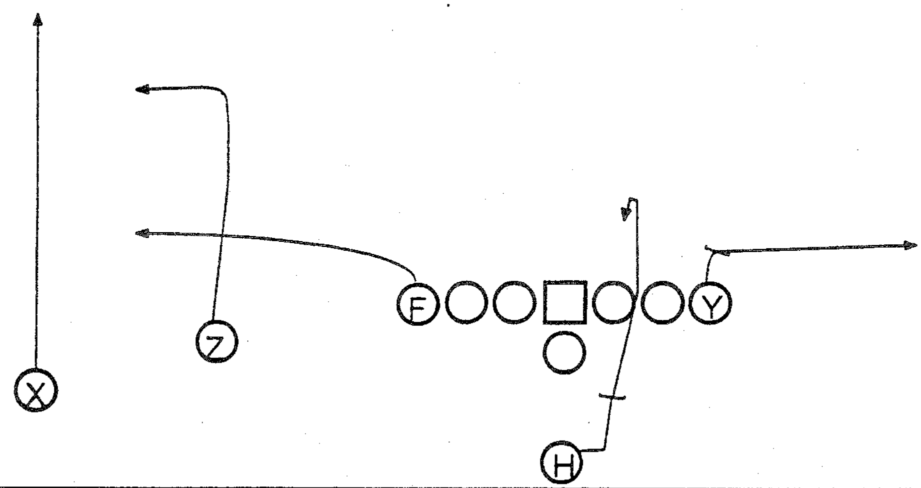
Notes:





CHARLIE 2 OH 79

TEX LT – CHARLIE 2 OH 79 F-FLAT

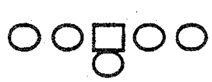


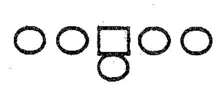
QB:

X Outside 9
Y: Check Slow Flat
Z: Inside 7

F: Flat
H: Charlie Check Down

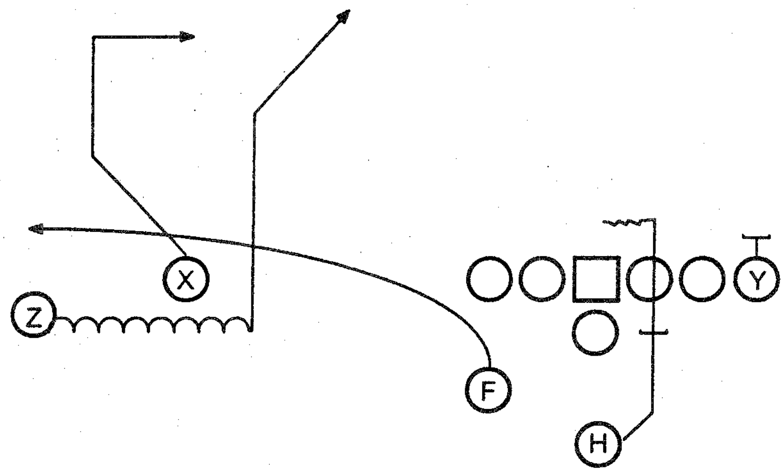
Notes:





94 CLIMB F FLAT

FAR RT SLOT ZIP CH 2 OH 94 CLIMB F FLAT



QB:

X

Y:

Z:

F:

H:

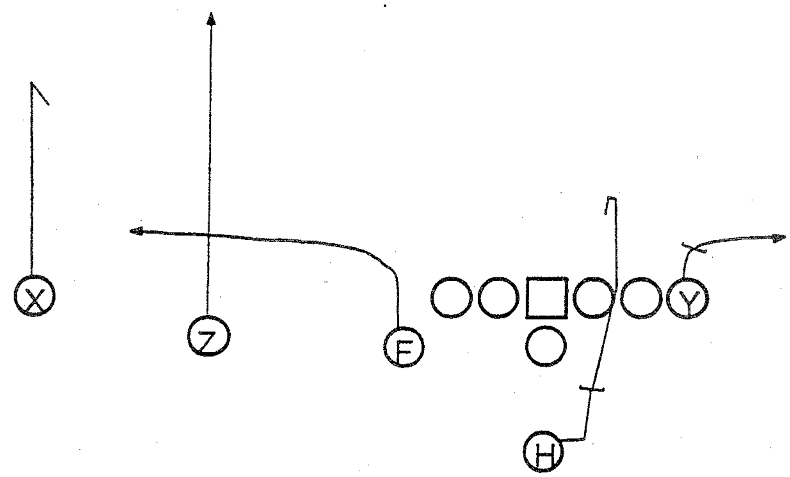
Notes:





CHARLIE 2 OH 96

TEX LT – CHARLIE 2 OH 96

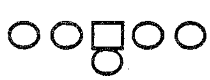


QB:

X Outside 6
Y: Check Slow Flat
Z: Inside 9

F: Flat
H: Charlie Check Down

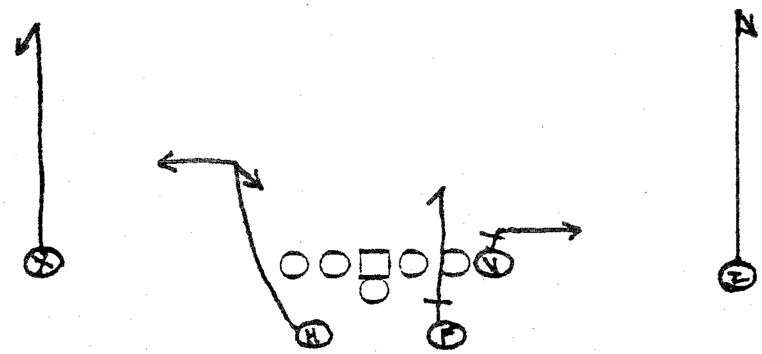
Notes:





5 OH 5 H CHOICE

SPLIT RT FB CHARLIE 2 5 OH 5 H CHOICE



Q

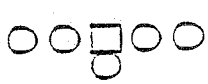
X Outside 5 Route
Y: Check Slow Flat
Z: Outside 5 Route

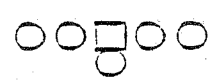
F: Check Down
H: Choice

Notes:

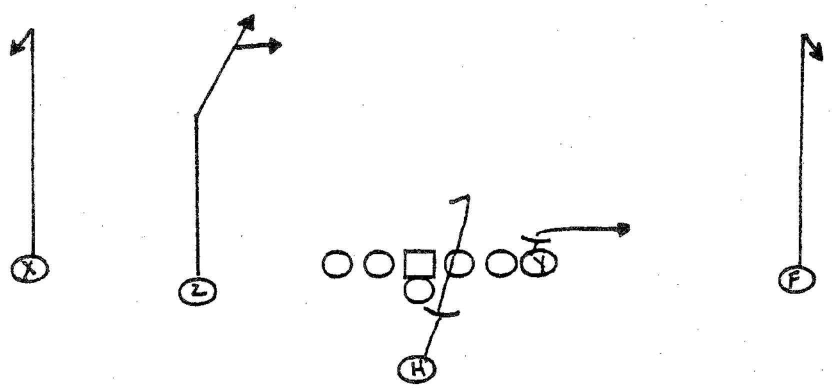








FLEX RT CHARLIE 2 585



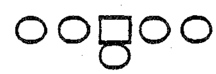
Q

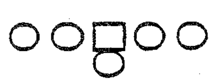
X Outside 5 Route
Y: Block Protection
Z: Outside 8 Route

F: Outside 5 Route
H: Check Down

Notes:

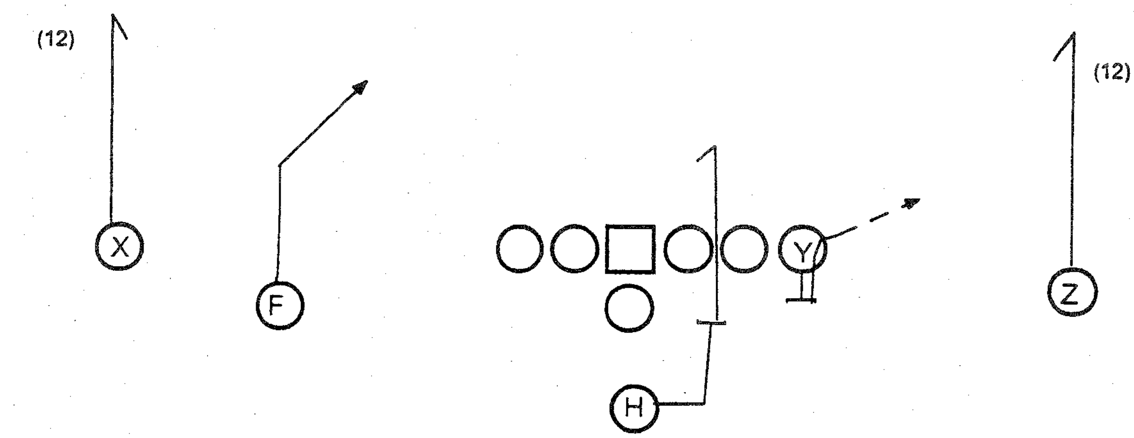








DOUBLE RT CHARLIE 2 6 OH 6 F-POST



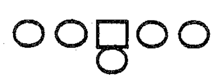
QB:

X Outside 6
Y: Block Protection
Z: Outside 6

F: Post
H: Check Down

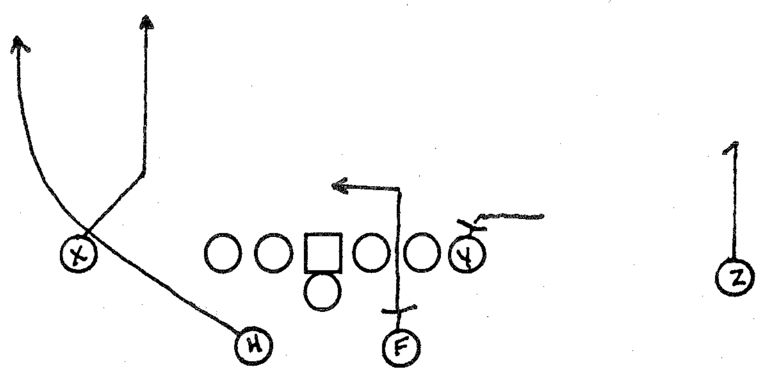
Notes:





BULLETS

SPLIT RT FB CH 2 BULLETS

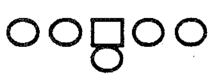


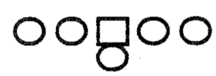
QB:

X
Y:
Z:

F:
H:

Notes:



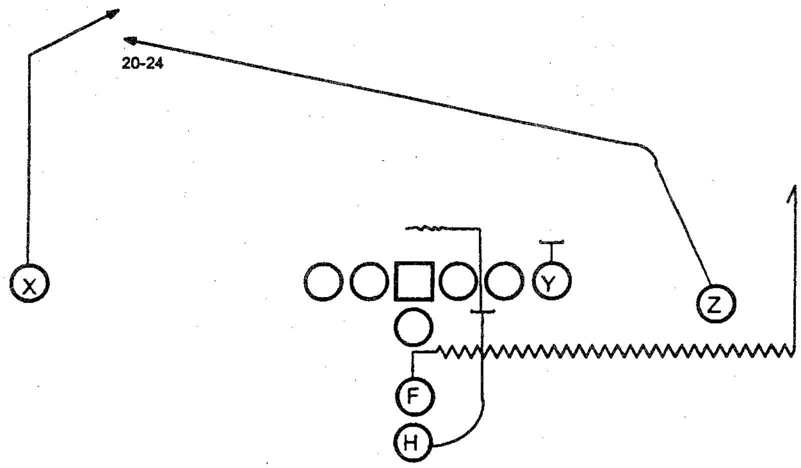






8 OH 2 SPEAR

I RT BUZZ CH 2 DEEP 8 OH 2 SPEAR

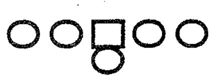


QB:

X
Y:
Z:

F:
H:

Notes:

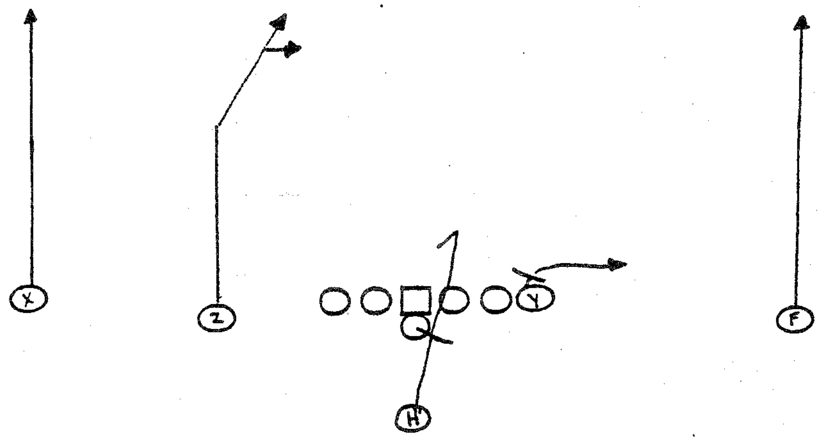








FLEX RT CHARLIE 2 989



Q

X Outside 9 Route
Y: Block Protection
Z: Deep 8 Route

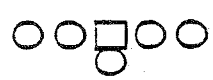
F: Outside 9 Route
H: Check Down

Notes:



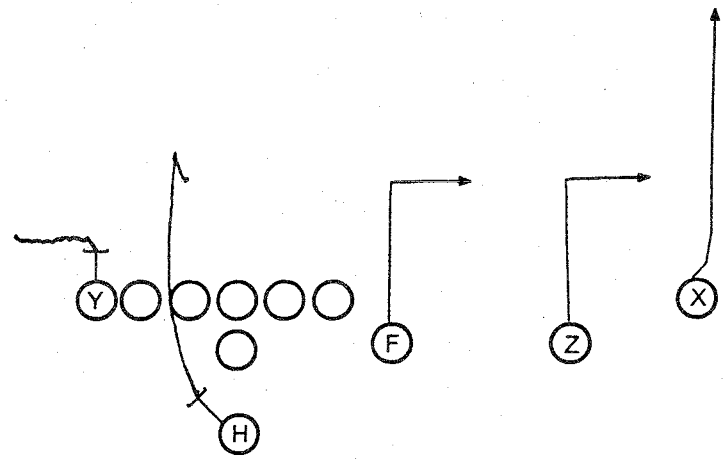






CHARLIE 2/3

TEX RT – CHARLIE 3 OH 39 F-3

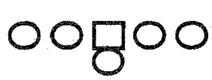


QB:

X Outside 9 Route
Y: Block
Z: Outside 3 Route

F: Inside 3 Route
H: Block Inside Backer off the ball

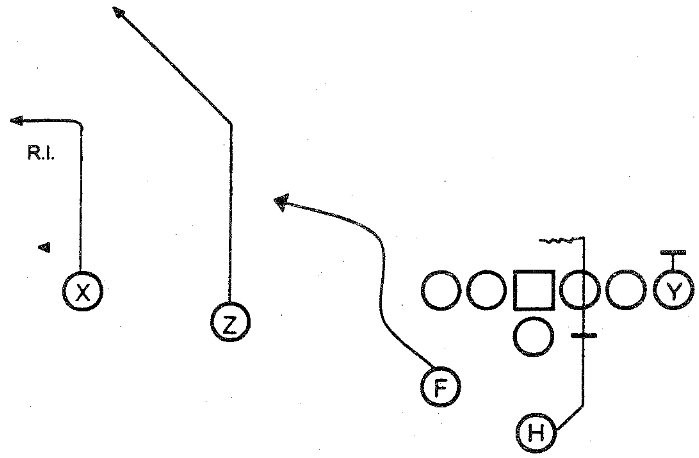
Notes:





73 FLAG F OUT

FAR RT SLOT CH 2 OH 73 FLAG F OUT



QB:

X
Y:
Z:

F:
H:

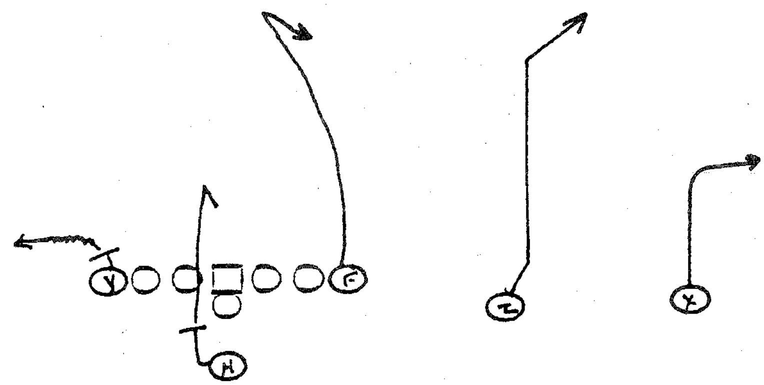
Notes:





OH 73 FLAG

TEX RT CH 3 OH 73 FLAG F STUTTER



QB:

X: Outside 3 Route

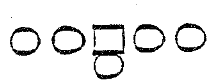
Y: Block Slow Leak

Z: Flag

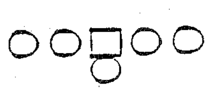
F: Stutter

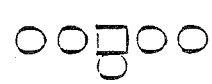
H: Block inside backer off the ball

Notes:



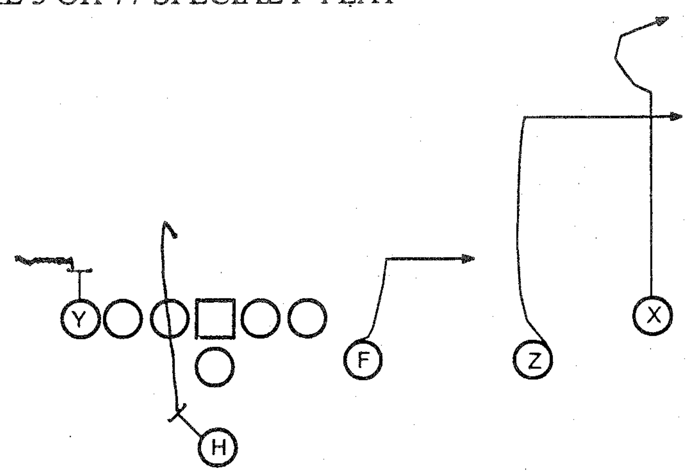






CHARLIE 2-3

TEX RT – CHARLIE 3 OH 77 SPECIAL F-FLAT

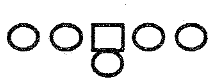


QB:

X Flag
Y: Block
Z: 7 Route

F: Flat
H: Block Inside Backer off the ball

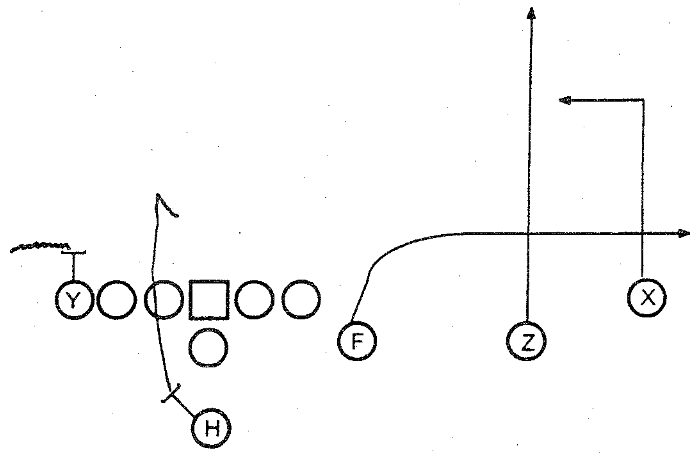
Notes:





CHARLIE 2/3

TEX RT – CHARLIE 3 OH 94 F-FLAT



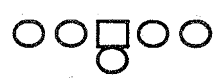
QB:

X Outside 4 Route
Y: Block
Z: Inside 9 Route

F: Flat
H: Block Inside Backer off the ball

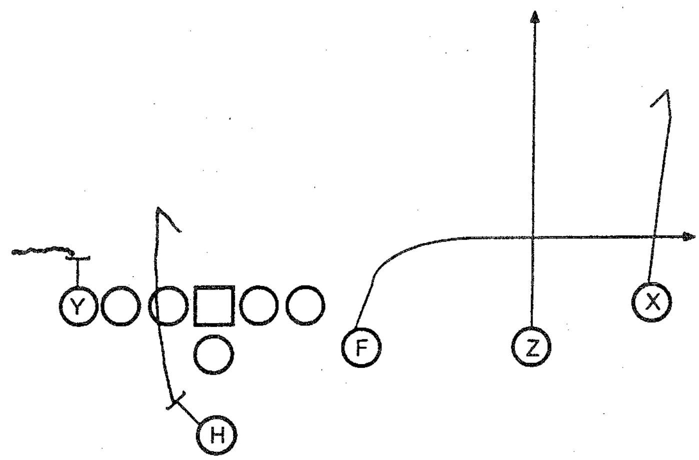
Notes:





CHARLIE 2/3

TEX RT – CHARLIE 3 OH 96 F-FLAT

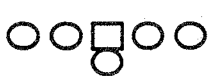


QB:

X	Outside 6 Route
Y:	Block
Z:	Inside 9 Route

F:	Flat
H:	Block Inside Backer off the ball

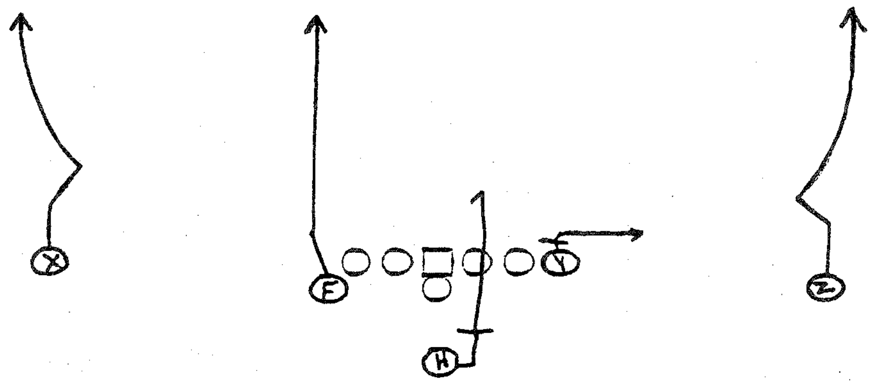
Notes:





2 OH 2 SHAKES/PUMPS

DEUCE RT CHARLIE 10 2 OH 2 PUMP F SEAM



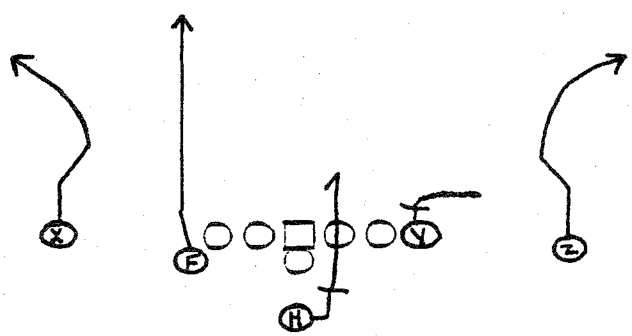
Q

X   Z Pump
Y: Check Slow Flat
Z: 2 Pump

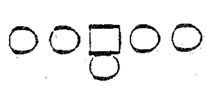
F: Seam
H: Check Down

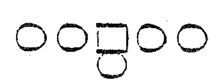
Notes:

DEUCE RT CHARLIE 10 2OH2 SHAKES F SEAM



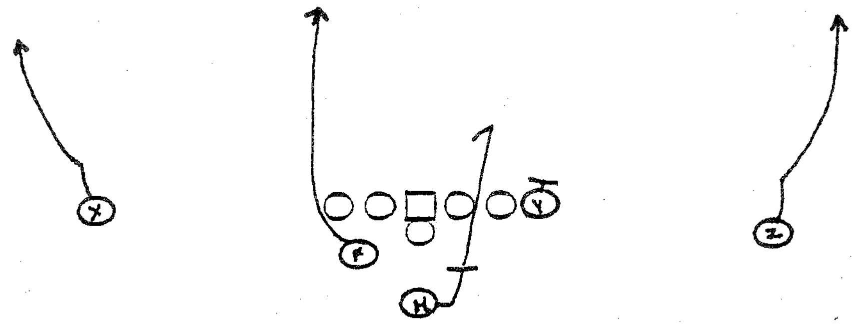






CHARLIE 10/11 FADES

FAR RT CH 10 FADES F SEAM

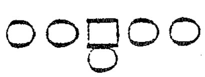


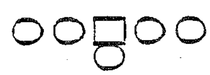
QB:

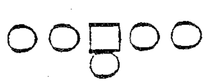
X
Y:
Z:

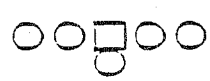
F:
H:

Notes:



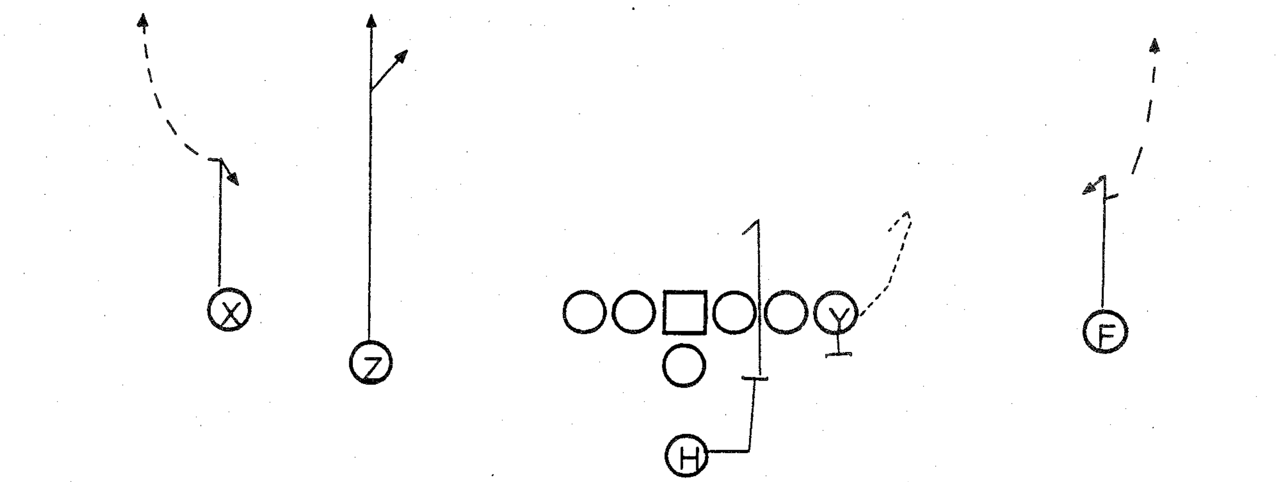






CHARLIE 10 HITCH

FLEX RT CHARLIE 10 HITCH

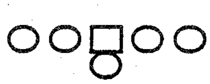


QB:

X Hitch
Y: Block Protection
Z: Seam Read

F: Hitch
H: Check Down

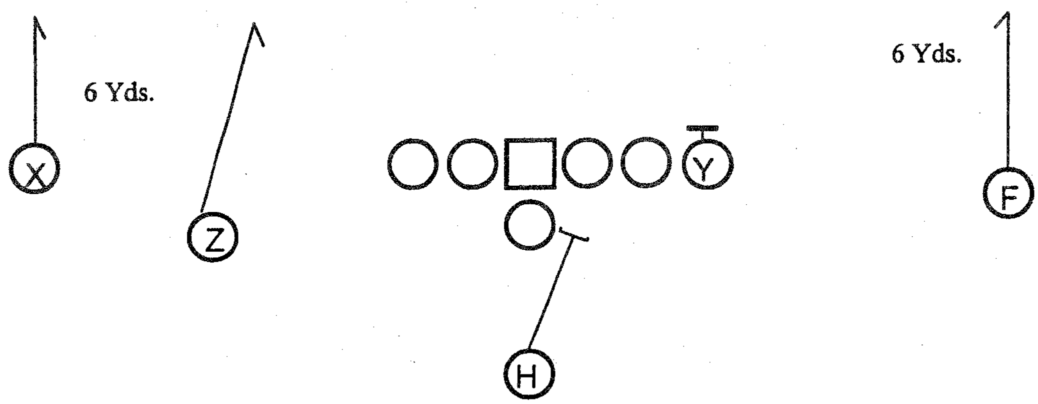
Notes:





HUSKY

FLEX RT CH 10 HUSKY



QB:

X
Y:
Z:

F:
H:

Notes:









COUNTER PASS

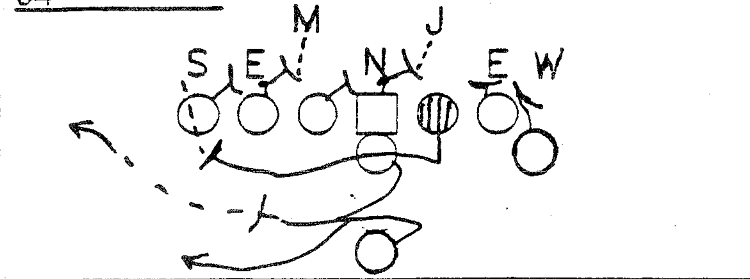
COUNTER PASS PROTECTION

This is a play-action pass off of our Counter run play. The front-side of the offensive line will utilize Gap blocking, while we will pull the backside Guard to block the Sam/SS. The FB will block backside EMOL defender. The HB will fake the Counter and look to area block the onside Tackle area to SS position, no threat, run flat.

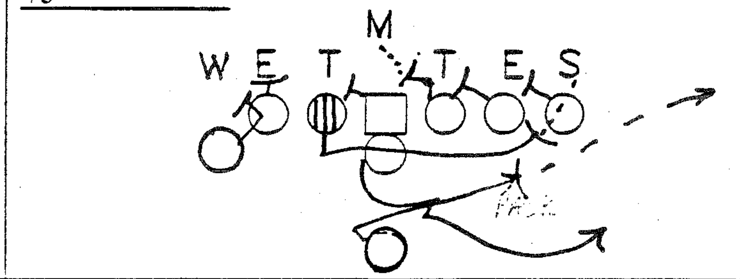
COUNTER PASS LEFT PROTECTION

COUNTER PASS RIGHT PROTECTION

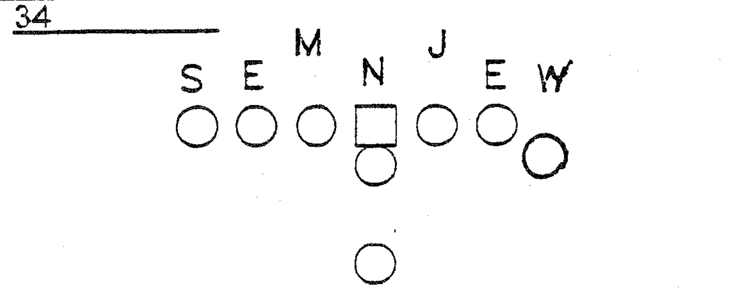
34



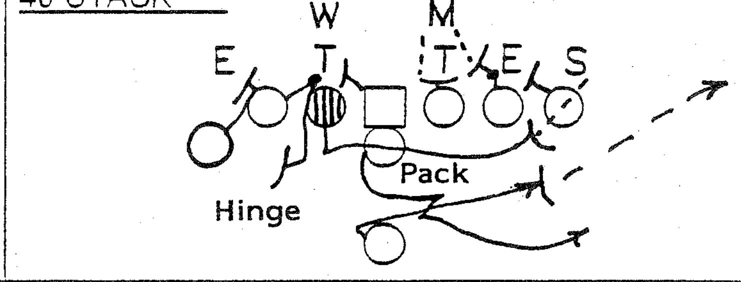
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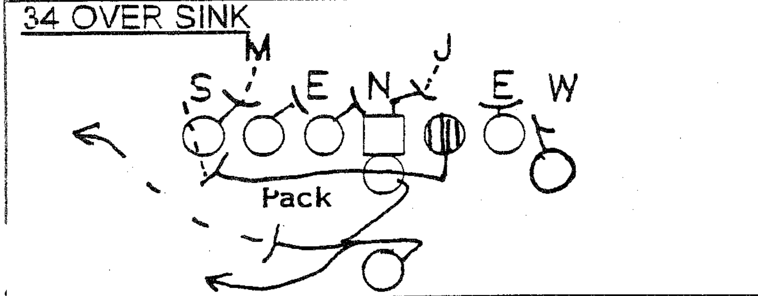
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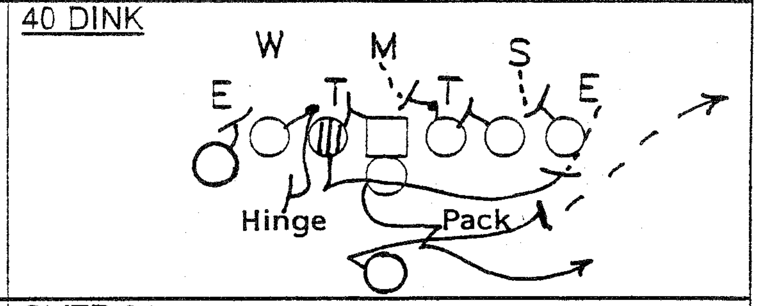
40 STACK



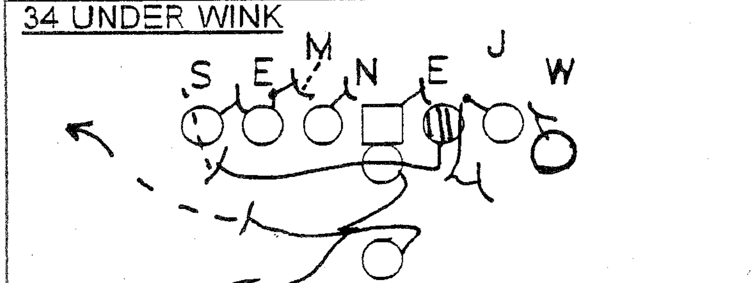
34 OVER SINK



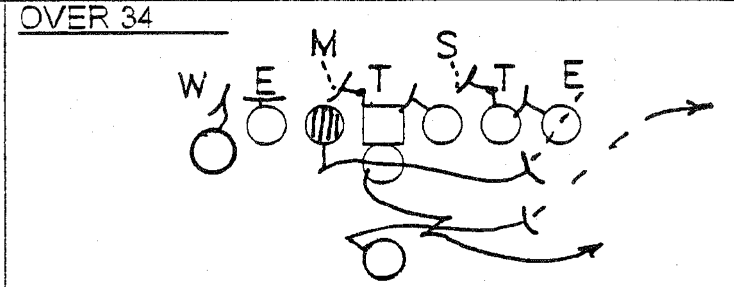
40 DINK



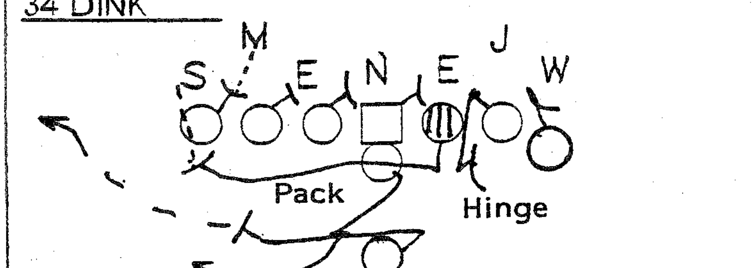
34 UNDER WINK



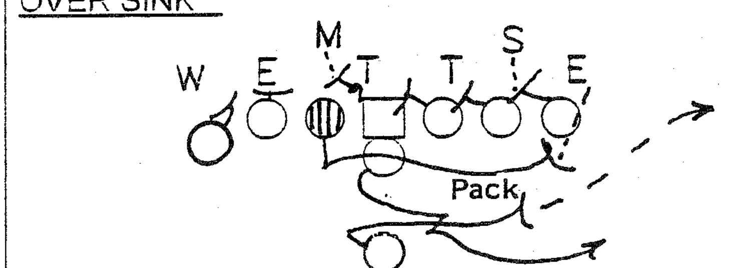
OVER 34



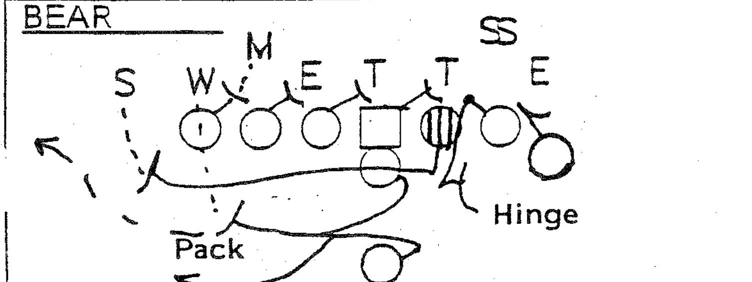
34 DINK



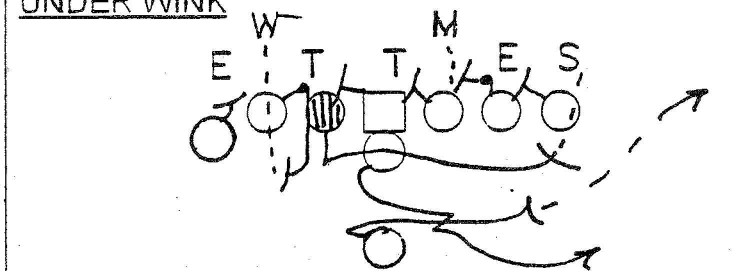
OVER SINK



BEAR

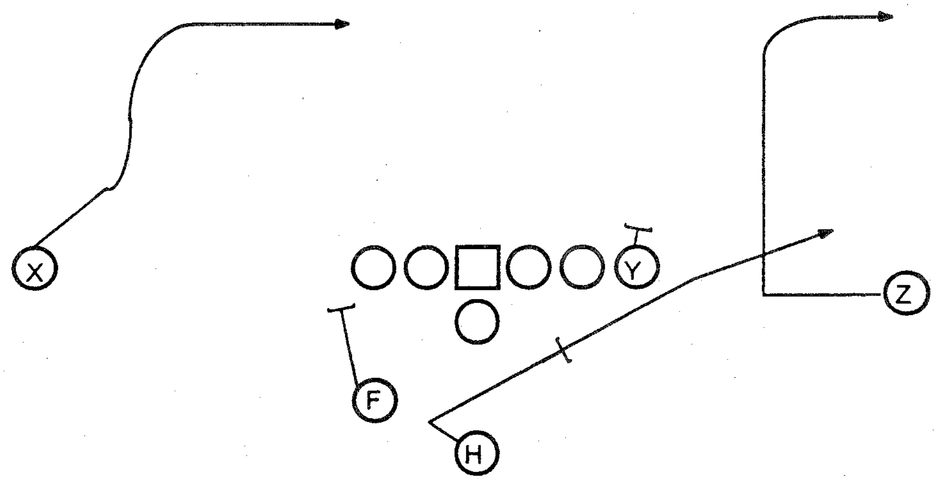


UNDER WINK



4 OH 7

FAR RT ZIP COUNTER PASS RT SEAM 4 OH 7



QB:

X

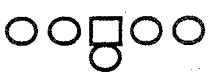
Y:

Z:

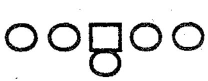
F:

H:

Notes:



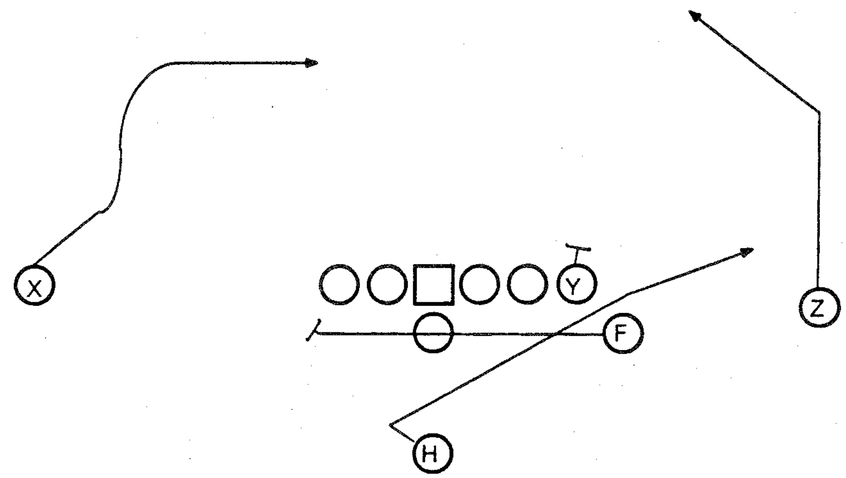






4 OH 8

DEUCE RT JAM COUNTER PASS RT SEAM 4 OH 8



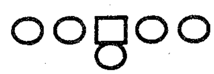
QB:

X
Y:
Z:

F:
H:

Notes:



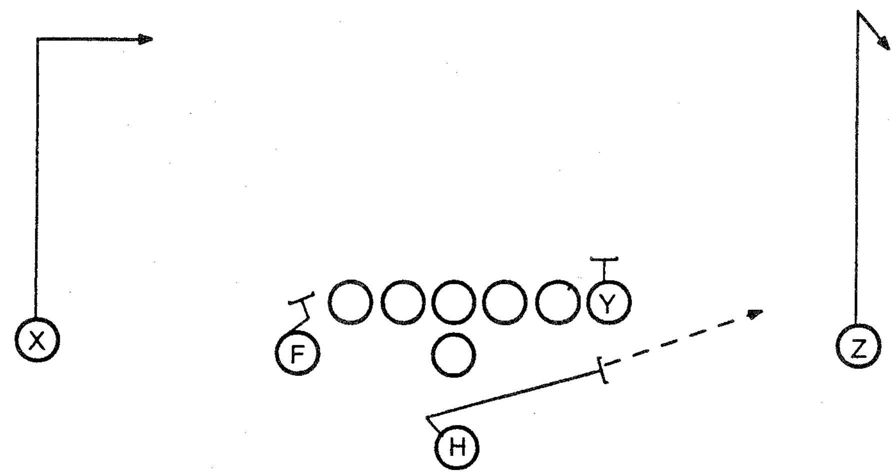




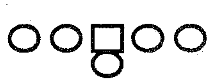


4 OH 5

DEUCE RT COUNTER PASS RT 4 OH 5



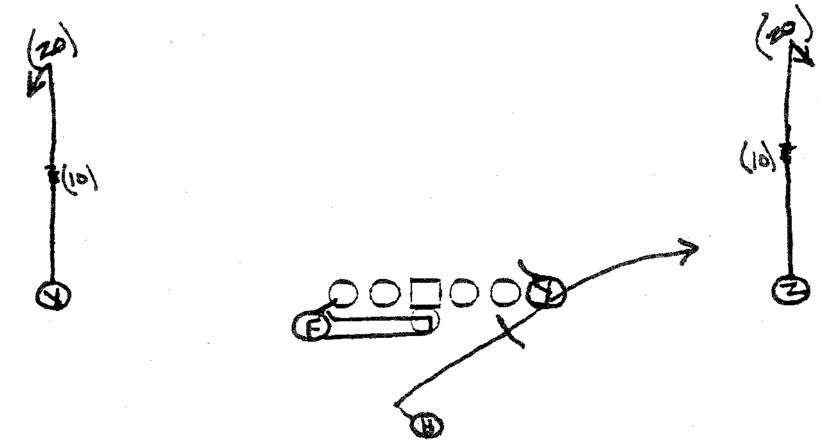
QB:	Notes:
X Outside 4 Y: Block Z: Outside 5 F: Block H: Check Flat	



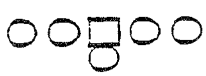


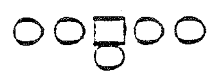
5 OH 5 CHATTER

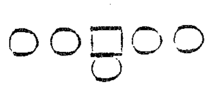
DEUCE RT ORBIT COUNTER PASS RT 5 OH 5 CHATTER

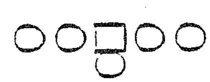


Q X Chatter 5 Y: Block Protection Z: Chatter 5 F: Block Protection H: Check Flat	Notes:









BOOTS/NAKED

FAKE SLANT LEFT BOOT RIGHT PROTECTION

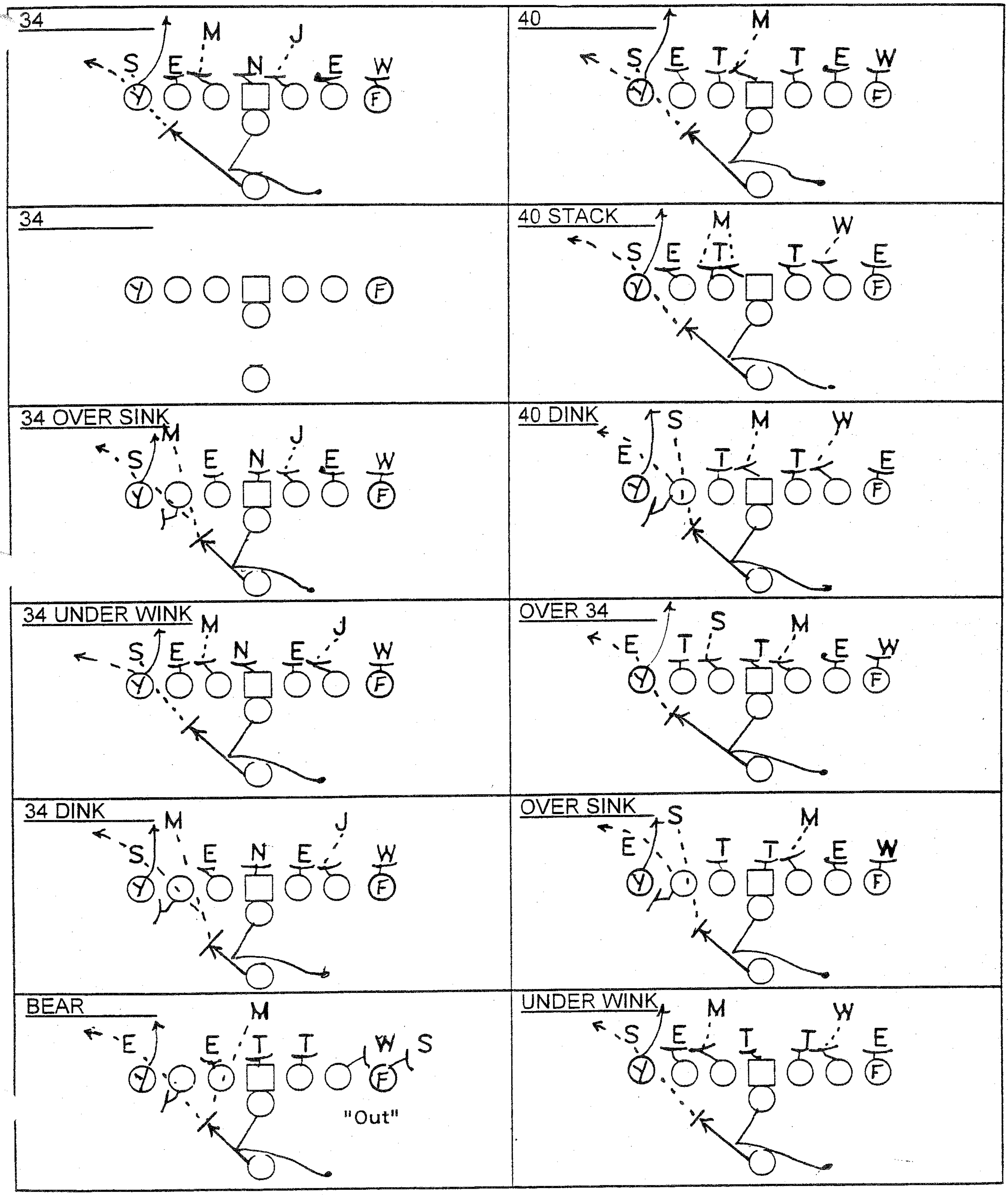
This is a play action Bootleg in which the QB will pull up and throw from a Point behind the Onside Guard. The "F" will block the EMOL. The "Y" will run the route called. Tailback fake Slant and look to block the first outside LB on or off the L.O.S.

C.P. We want the blockers to be aggressive and sell the run.

C.P. TB, Bubble over Offensive Tackle you have LB in the hole.

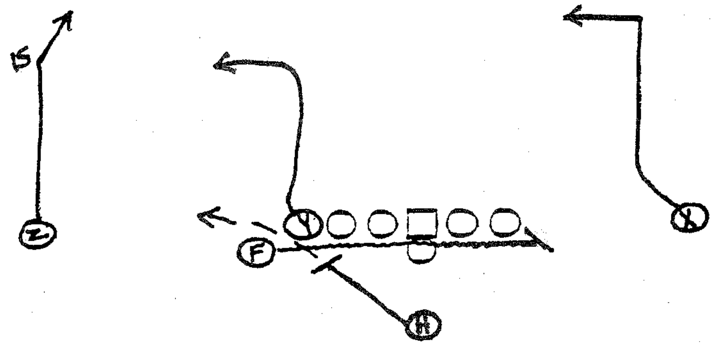
C.P. The QB and X or Slot Receiver are responsible for Safety Blitz.

FAKE SLANT LT BOOT RT



SEAM 478

DEUCE LT JAM FAKE SLANT LT BOOT RT SEAM 478



Q

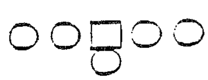
X Seam 4 Route
Y: Inside 7 Route
Z: Outside 8 Route

F: Block Protection
H: Check Flat

Notes:









NAKED RT/LT PROTECTION

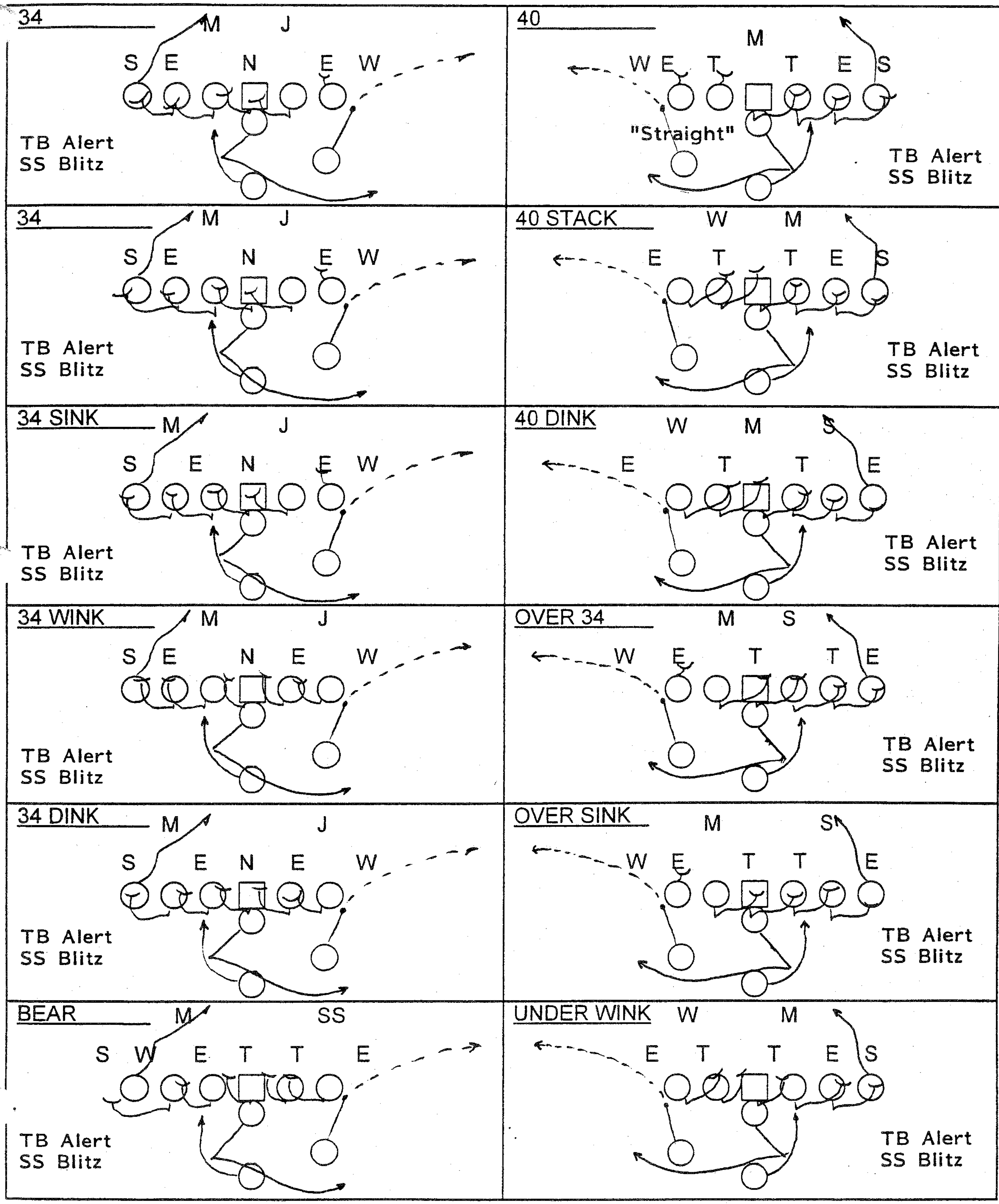
Naked Right and Left is a play action fake by the HB to the strong-side (Stretch). The Fullback will release directly at the Offensive Tackle's outside leg and block the end of line defender, prior to releasing into the pattern. The Offensive Line will all reach to the strong-side and the QB will roll to the weak-side away from the fake.

"Naked" implies that our QB must anticipate quick pressure by a free defender to the "naked" weak-side.

C.P. Faking Back must be alert to come off fake and block #4. The line must be aggressive and sell the run.

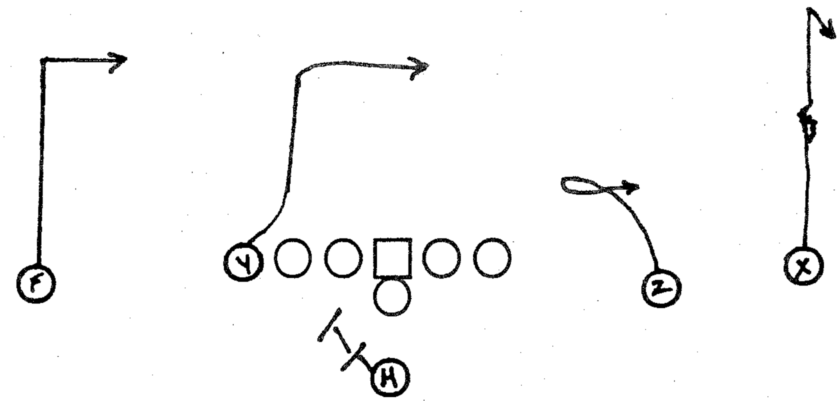
NAKED RT/LT PROTECTION

NAKED RT | NAKED LT



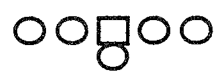
215 CHATTER

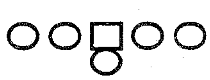
FLEX LT NAKED RT 215 CHATTER F-4

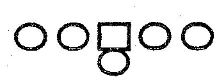


QB:	Notes:
X Chatter 5 Route Y: Inside 2 Route Z: Inside 1 Route F: Outside 4 Route H: Block Protection	



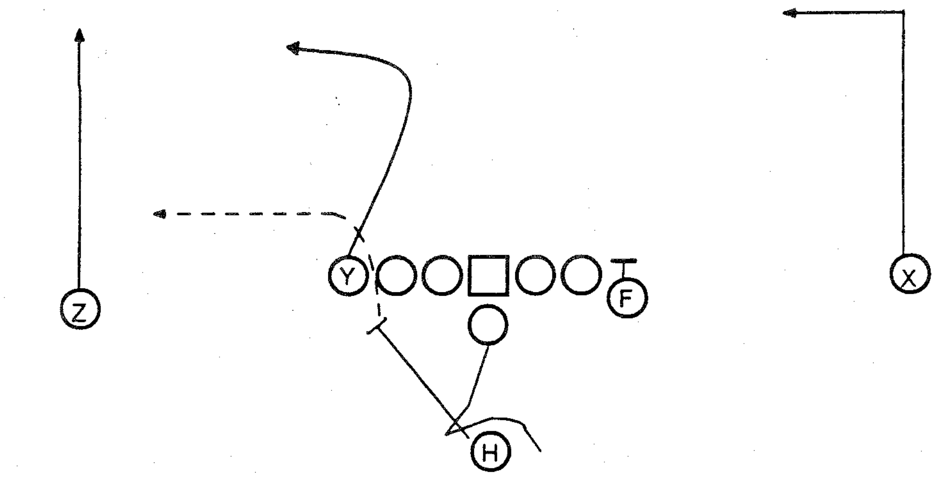






479

DEUCE LT FAKE SLANT LT BOOT RT 479



QB: X Y: Z: F: H:	Notes:



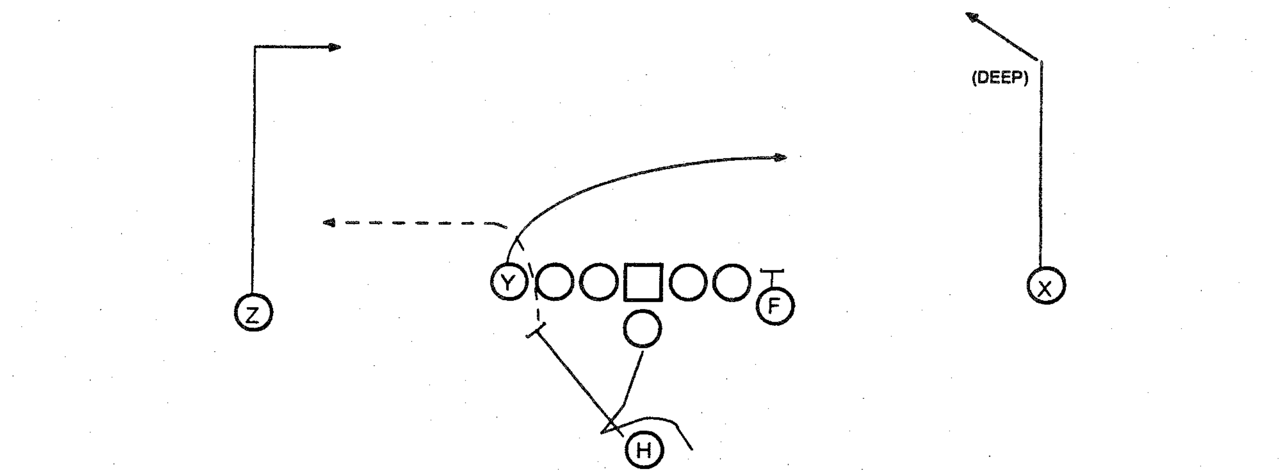






824

DEUCE LT FAKE SLANT LT BOOT RT 824



QB: X Y: Z: F: H:	Notes:









SCRAM

Page

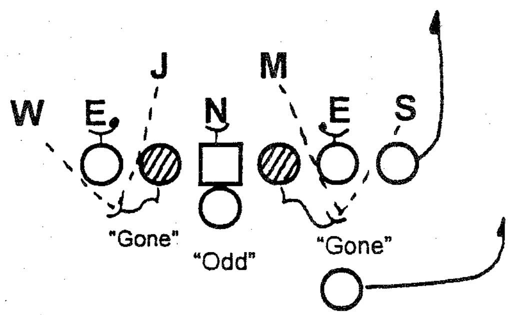
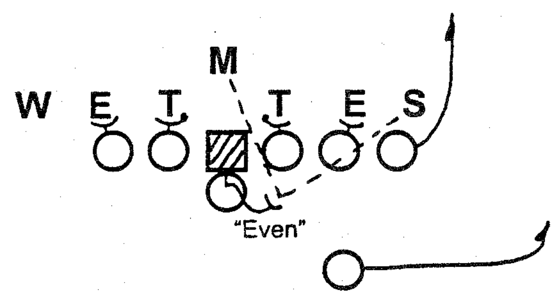
SCRAM PROTECTION

A 5-Man no Back protection. The Offensive line will "Scat" both sides. The Center, if uncovered, will "Scat" to the called side. There will be no "Hard" calls, only "Sift".

The depth of the pocket will be no deeper than 8 ½ yards.

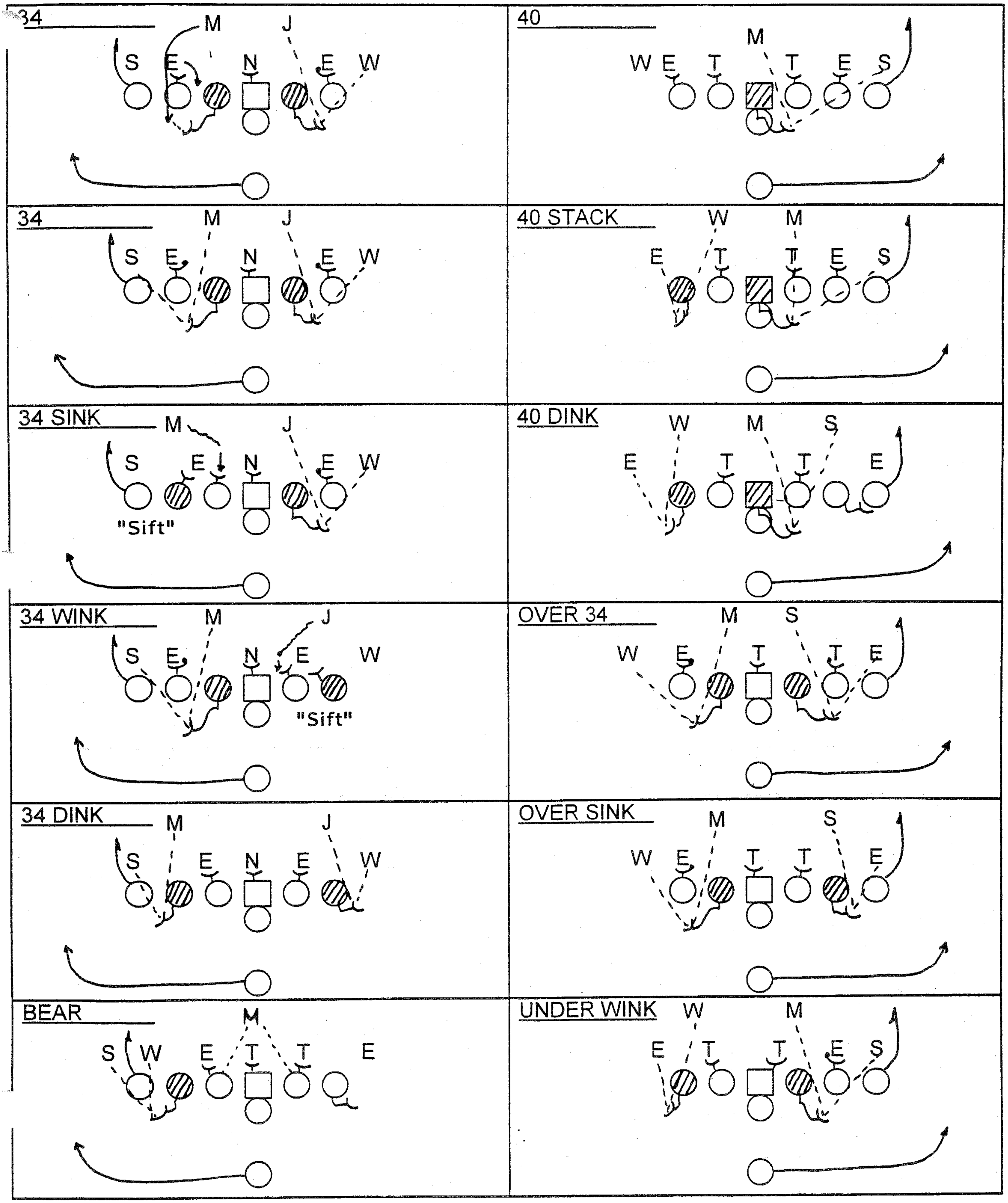
All hots are built in.

SCRAM RT

34	40
	

SCRAM PROTECTION

Scram Left | Scram Right



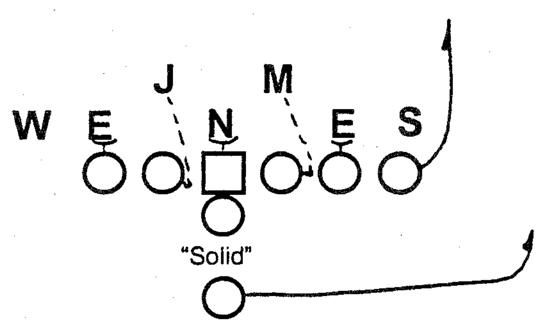
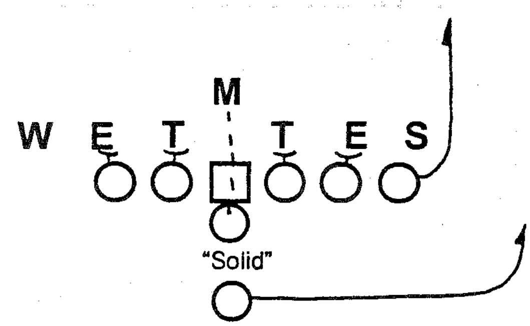
QUICK SCRAM PROTECTION

A 5-Man no Back protection. There will be no "Hard" calls or "Dual" reads, only "Sift" adjustments.

The depth of the pocket will be no deeper than 5 yards.

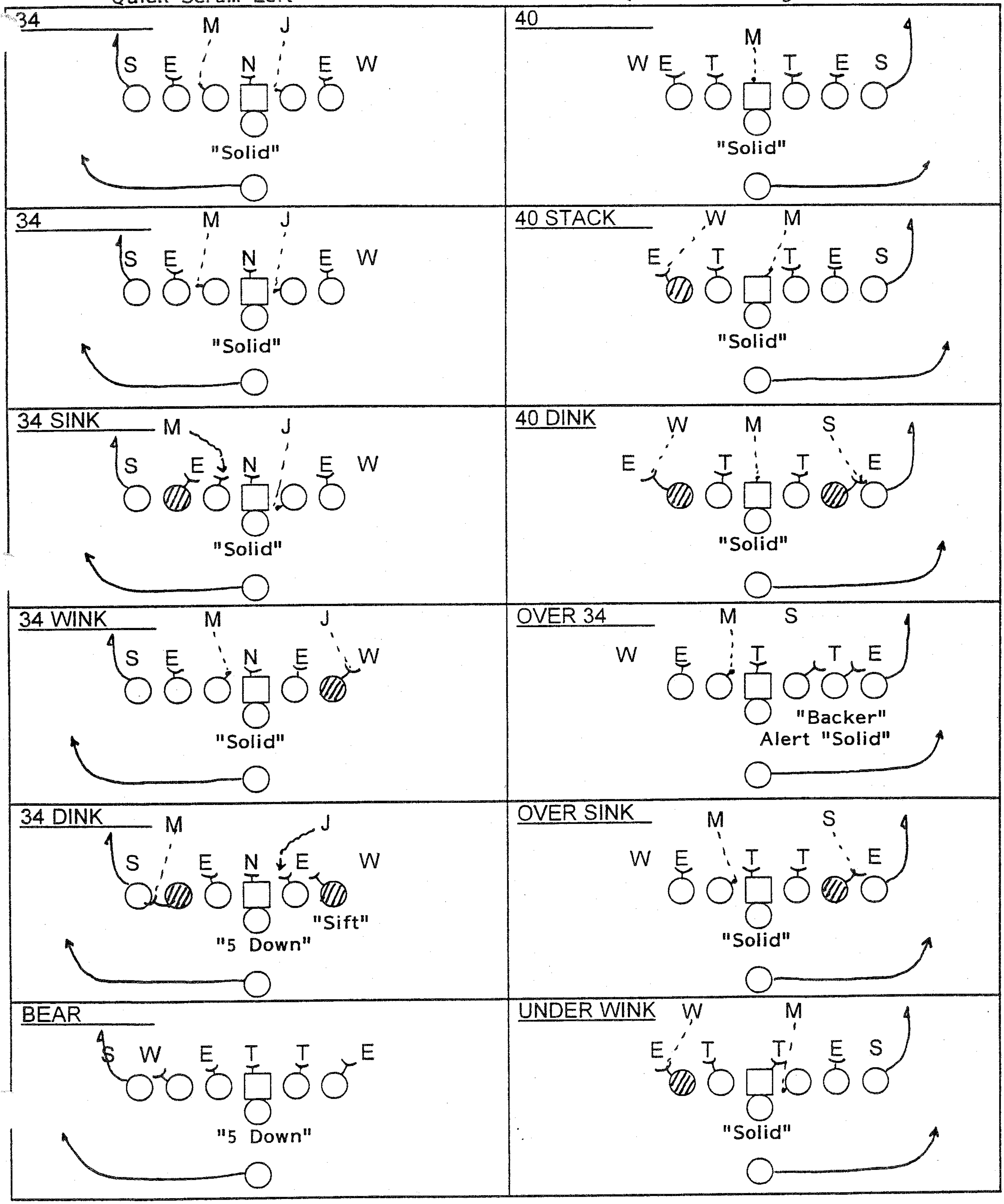
All hots are built in.

QUICK SCRAM RT

34	40
	

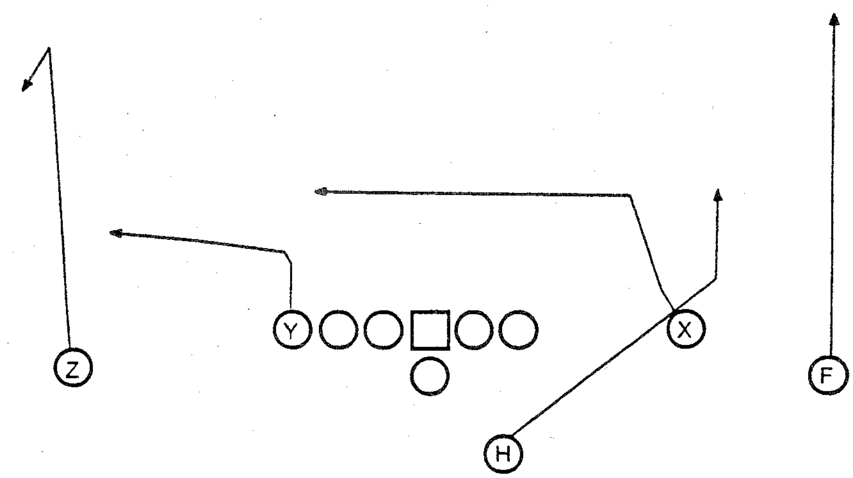
QUICK SCRAM PROTECTION

Quick Scram Left | Quick Scram Right



015

DUAL LEFT – SCRAM RT 015 H-POST SHOOT



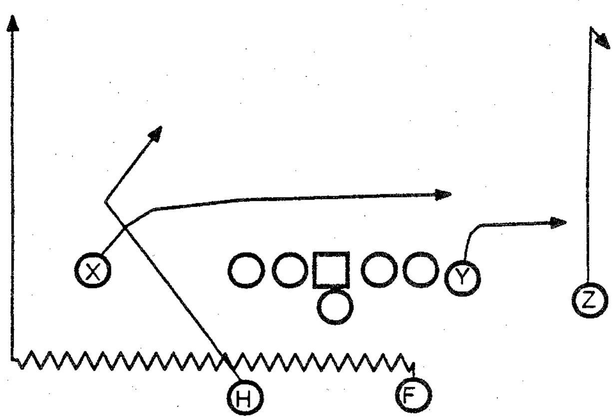
QB:

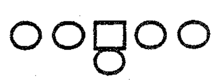
X Outside 0
Y: Teen RT
Z: Outside 5

F: Shoot
H: Post

Notes:

SPLIT RT JET – SCRAM 015 H POST/SHOOT

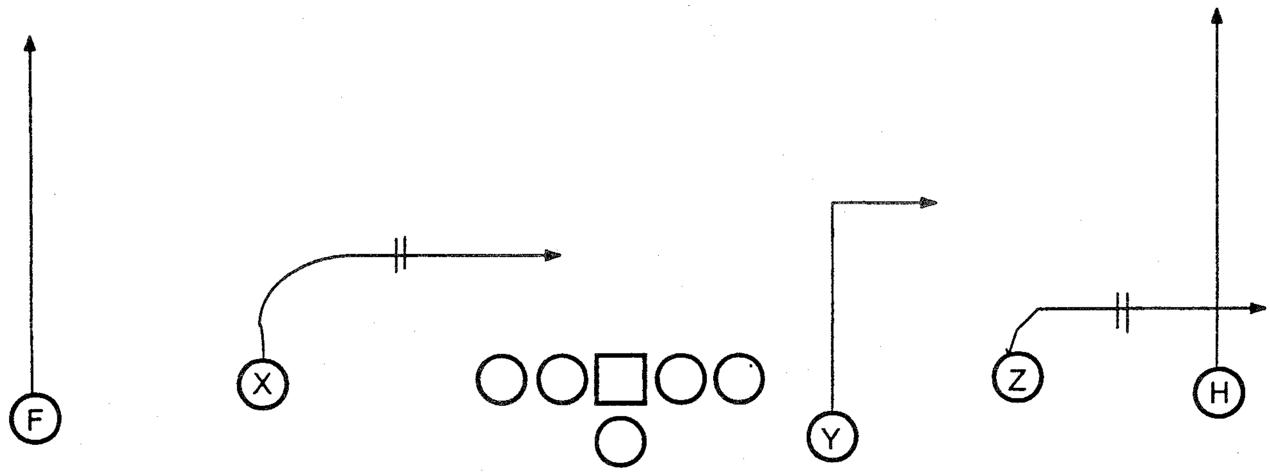






031 F & H SHOOT

DART RT SCRAM RT 031 F&H SHOOT



QB:

X

Y:

Z:

F:

H:

Notes:



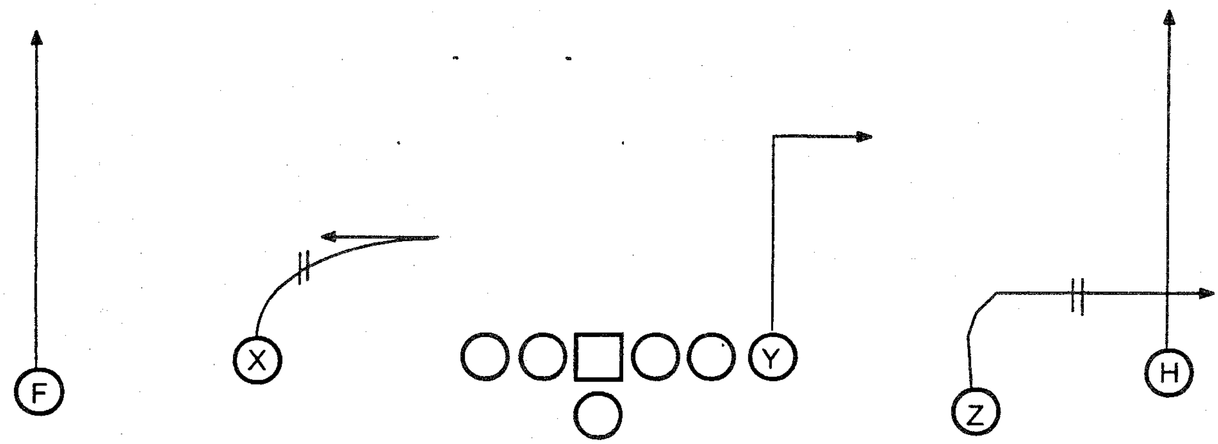






031 WHIP F & H SHOOT

DART RT SCRAM RT 031 WHIP F&H SHOOT



100

QB:

X
Y:
Z:

F:
H:

Notes:



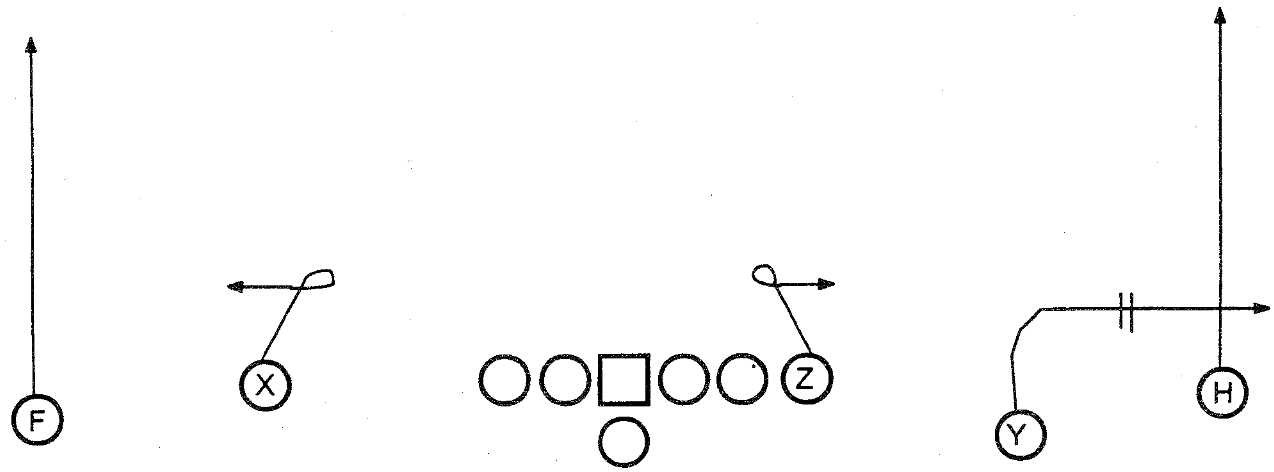






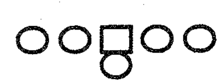
031 DBL WHIP F & H SHOOT

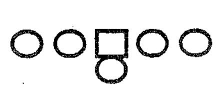
DART RT SCRAM RT 031 DBL WHIP F&H SHOOT

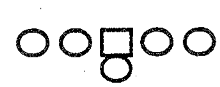


QB: X Y: Z: F: H:	Notes:



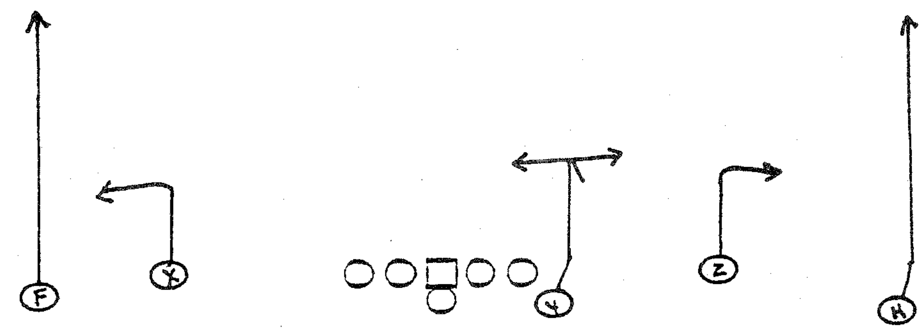






161 Y OPTION

DART RT SCRAM RT 161 Y OPTION F&H SHOOT

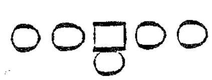


QB:

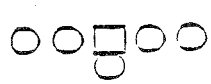
X
Y:
Z:

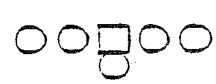
F:
H:

Notes:



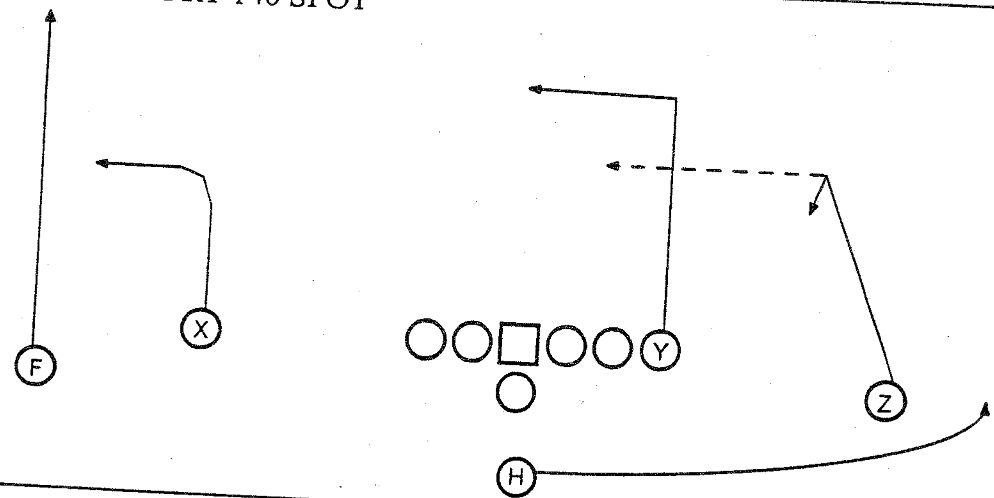






140 SPOT

DUAL RT – SCRAM RT 140 SPOT



QB:

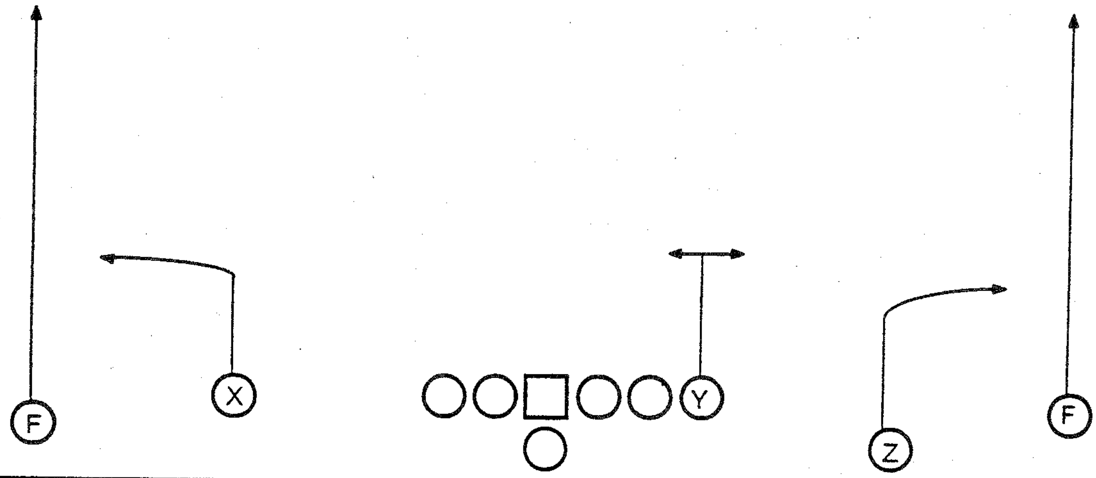
X Outside 1
Y: Inside 8
Z: Spot
F: Shoot
H: Swing

Notes:





DART RT – SCRAM RT 161 Y OPTION F/H SHOOT



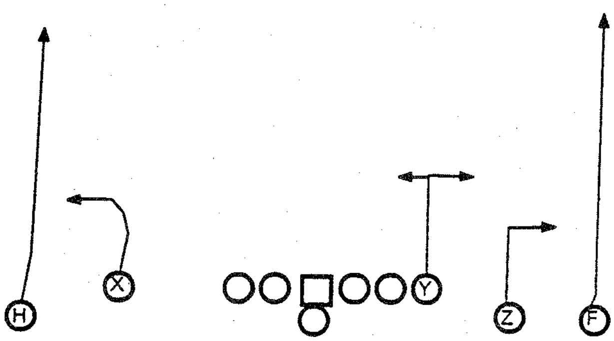
QB:

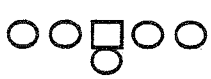
X Outside 1
Y: Option
Z: Outside 1

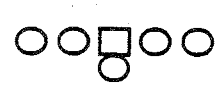
F: Shoot
H: Shoot

Notes:

SPREAD RT –
SCRAM RT 161 Y OPTION F/H SHOOT

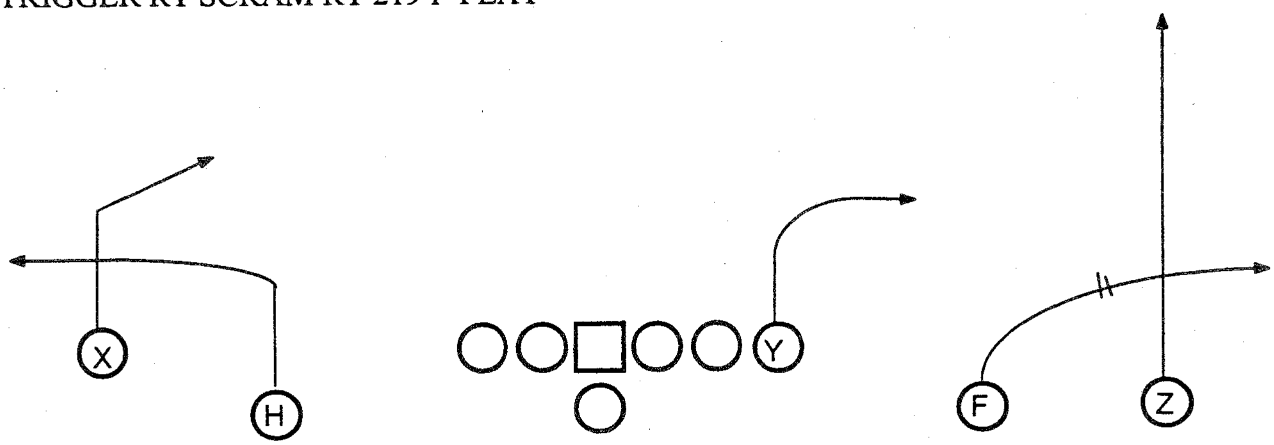






219 F-FLAT

TRIGGER RT SCRAM RT 219 F-FLAT



QB:

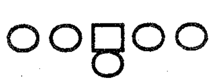
X
Y:
Z:

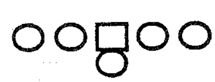
F:
H:

Notes:



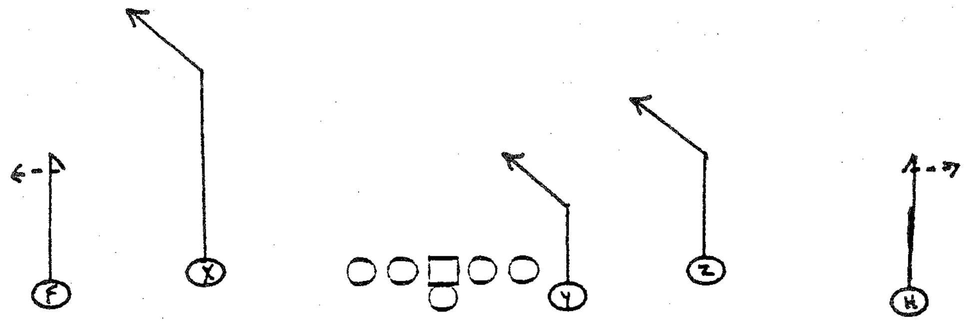






FLAG 22

DART RT SCRAM LT FLAG 22 F&H DELAY (CHARGER)



QB:

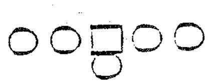
X
Y:
Z:

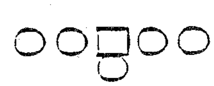
F:
H:

Notes:

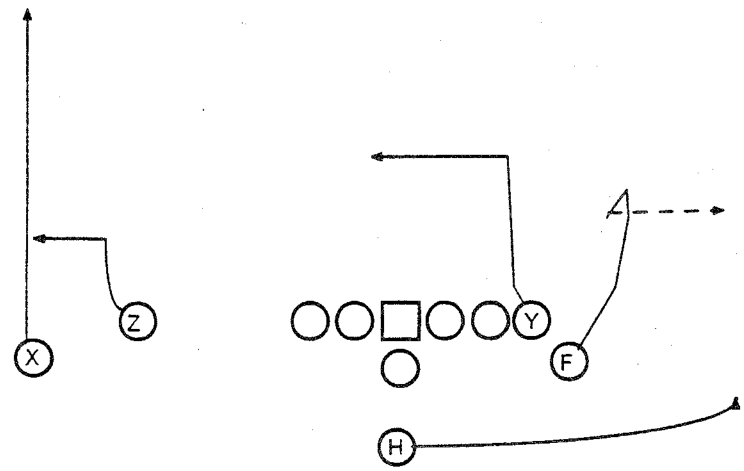








FLANK RT – SCRAM RT 419 F-WHIP

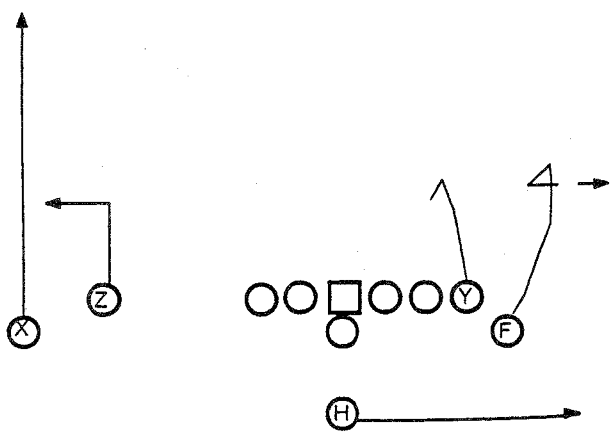


QB:

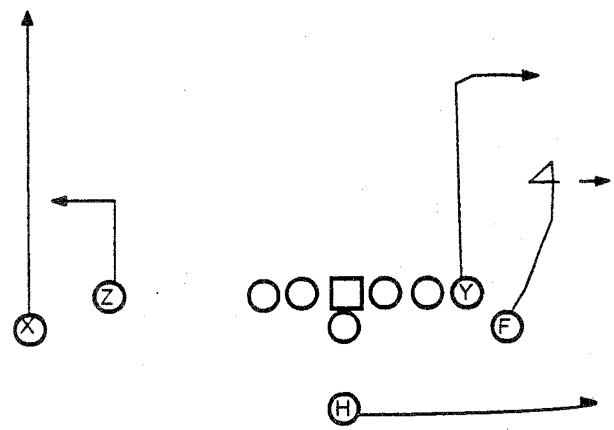
X	Outside 9
Y:	Inside 4
Z:	Teen
F:	Whip
H:	Swing

Notes:

FLANK RT – SCRAM RT 619 F WHIP



FLANK RT – SCRAM RT 719 F WHIP

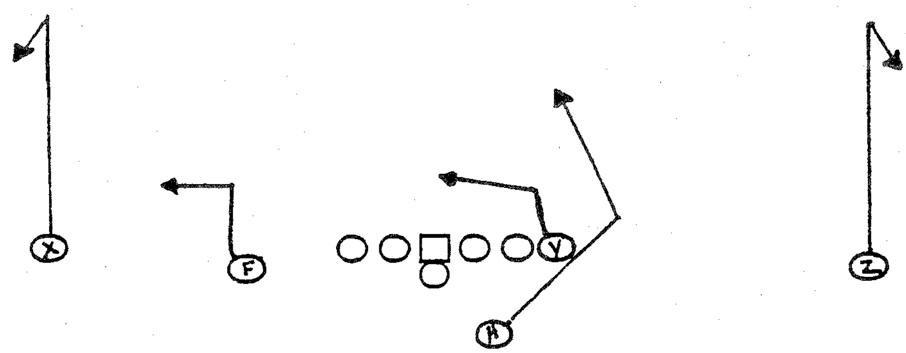






525

DOUBLE RT – SCRAM RT 525 H POST

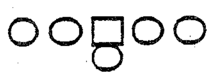


Notes:

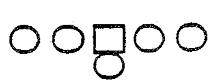
Q

X Outside 5 Route
Y: Inside 2 Route
Z: Outside 5 Route

F: Flat
H: Post

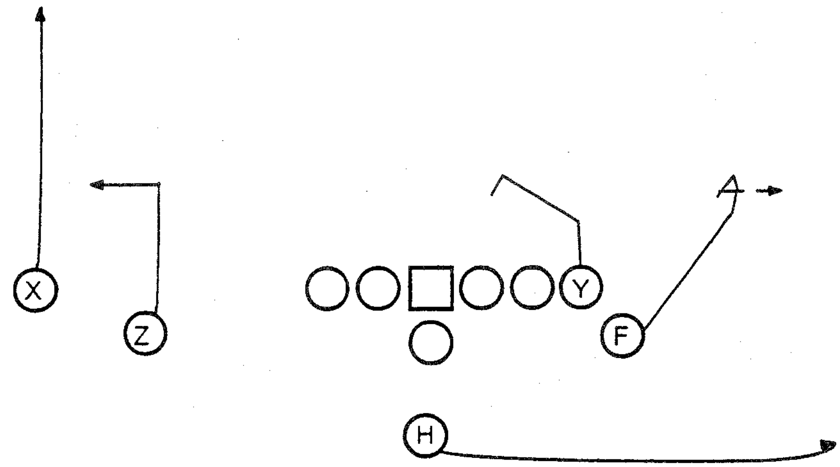








FLANK RT SCRAM RT 619 F WHIP



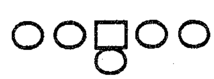
QB:

X Outside 9
Y: Inside 6
Z: Inside 1

F: Whip
H: Swing

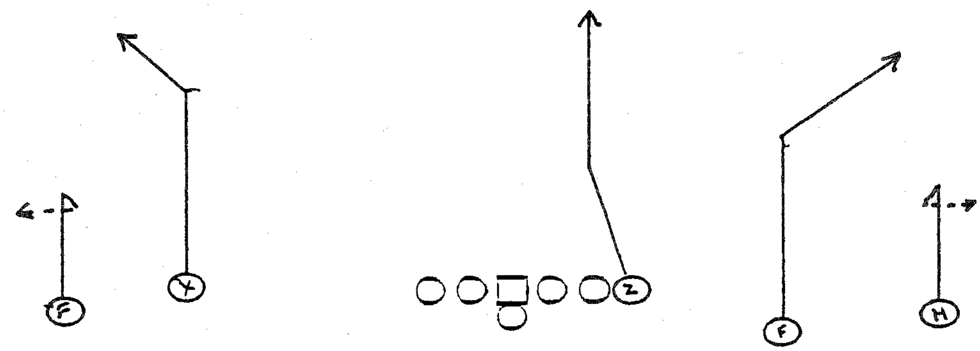
Notes:





797 FLAGS

DART RT CHANGE SCRAM RT 797 FLAGS F&H DELAY



QB:

X

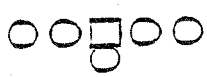
Y:

Z:

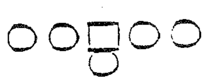
F:

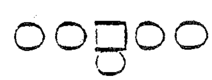
H:

Notes:



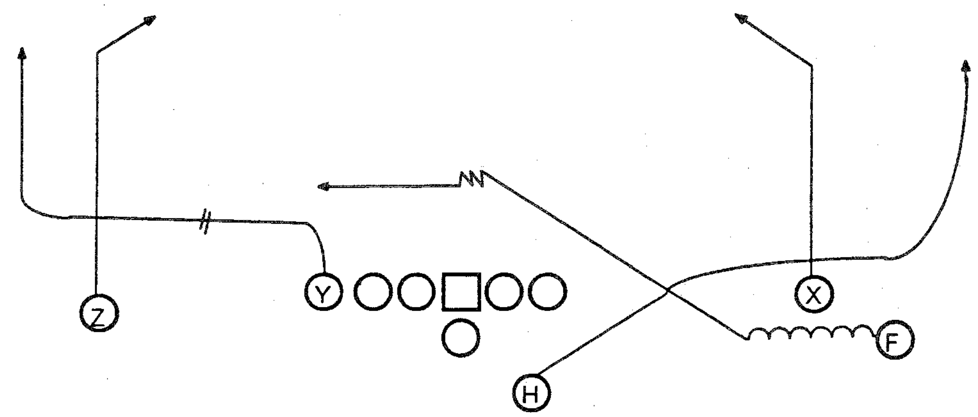






818 F CHOP

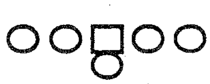
DBL LEFT FLO SCRAM RT 818 F CHOP



QB: X Y: Z: F: H:	Notes:

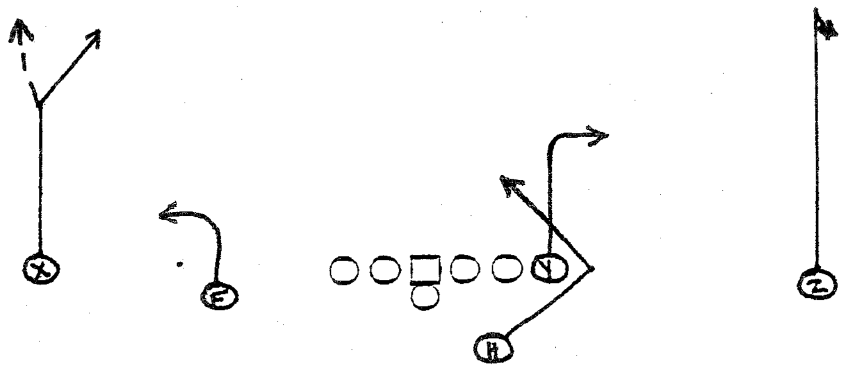








DOUBLE RT SCRAM RT 835 H CROSS



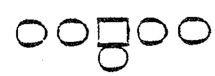
Q

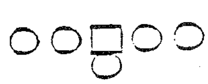
X Outside 8 Route
Y: Inside 3 Route
Z: Outside 5 Route

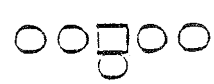
F: Flat
H: Cross

Notes:



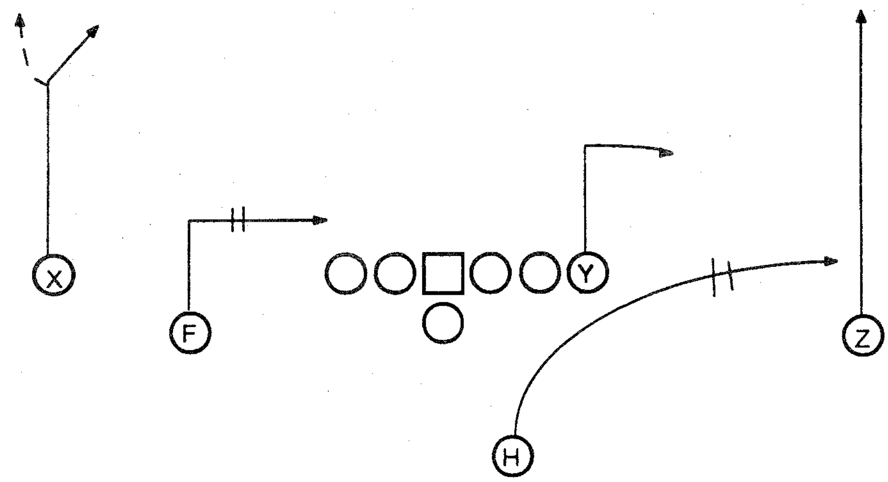






839 H FLAT/DRAG

DOUBLE RT SCRAM RT 839 H FLAT/DRAG



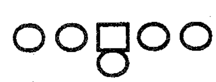
QB:

X
Y:
Z:

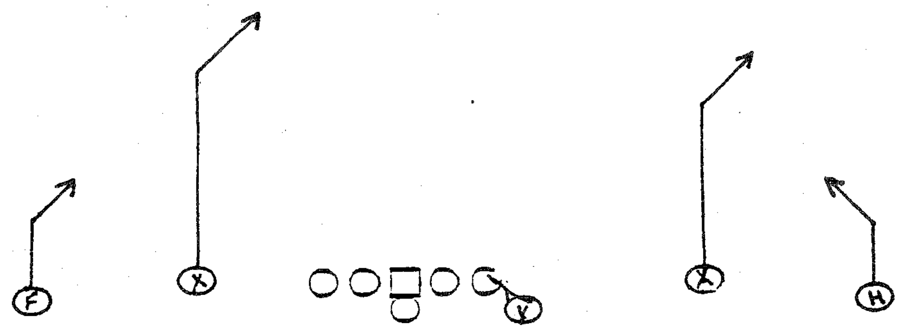
F:
H:

Notes:





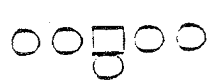
DART RT LOUIE DALLAS

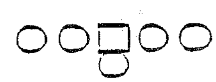


QB: X Y: Z: F: H:	Notes:



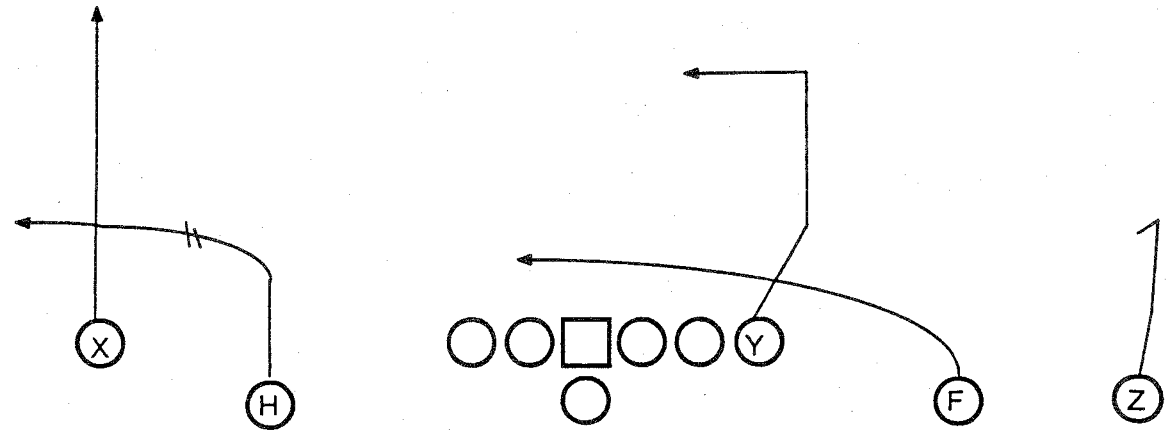






F-SHALLOW

TRIGGER RT SCRAM RT F-SHALLOW



QB:

X

Y:

Z:

F:

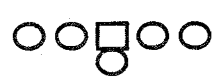
H:

Notes:









BRONCO

BRONCO RIGHT/LEFT PROTECTION

A seven man pass protection where the Quarterback will direct the Back and Offensive Line. The huddle call will be either Bronco Right or Left. If necessary the QB will redirect the Line and Back at the L.O.S. by using the following calls: "Roger", "Louie" or "Solid".

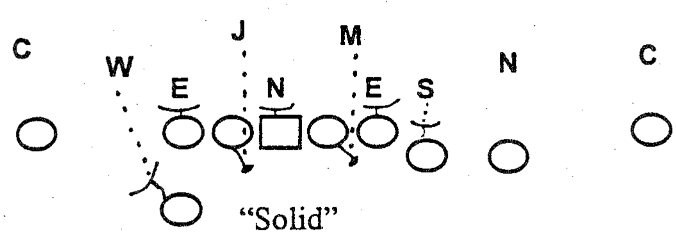
This can be a direct snap to the QB or the QB may align in a shotgun alignment. The depth of the pocket will be no deeper than 8 ½ yards.

C.P. TE Alert "Hang" call if aligned on L.O.S. Alert "Go" call.

C.P. If the QB aligns under the Center the Back and TE should be alert for a "hard" call. If QB is in shotgun, no hard call.

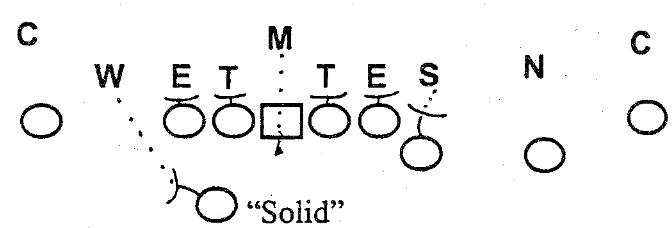
BRONCO RIGHT

34



(7 in Box)

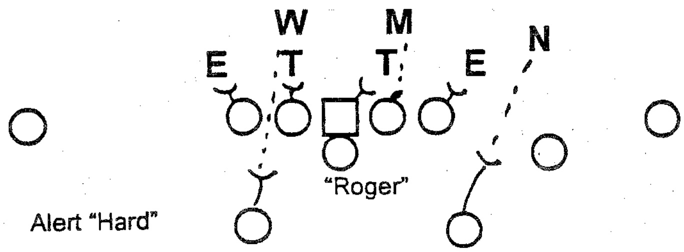
40



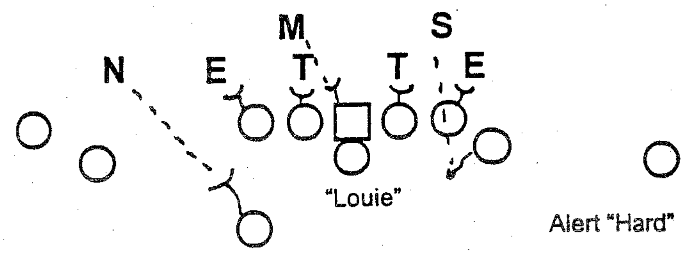
(7 in Box)

TWINS RT BRONCO RT FLEX RT BRONCO LT

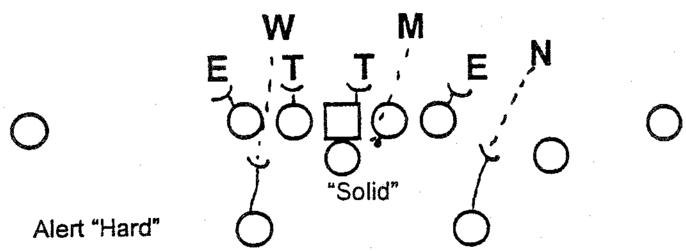
42



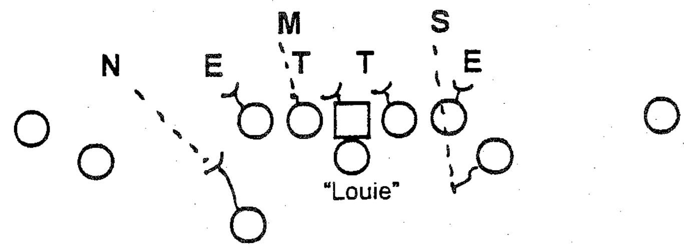
42



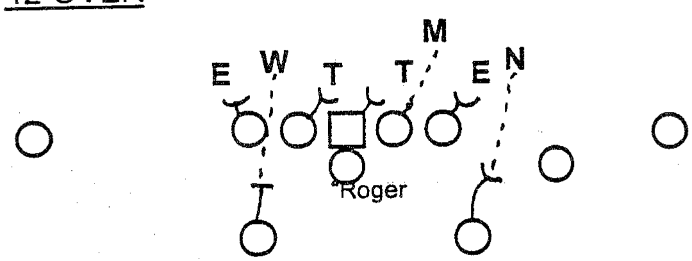
42 UNDER



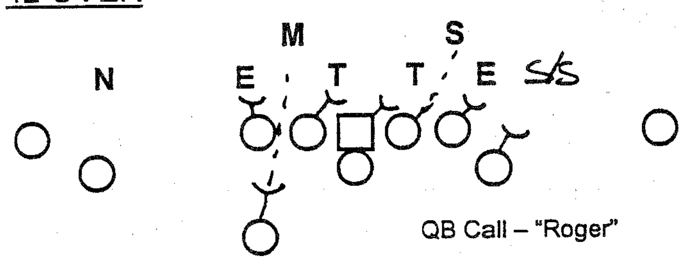
42 UNDER



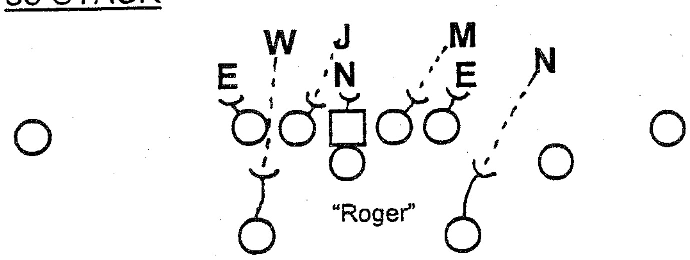
42 OVER



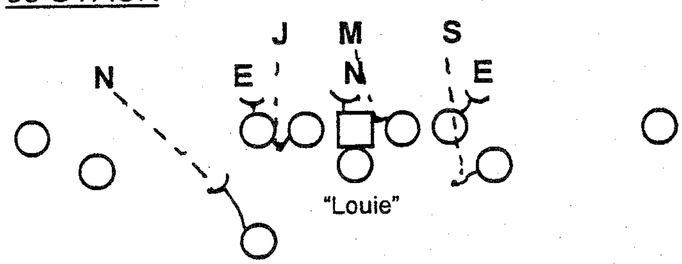
42 OVER



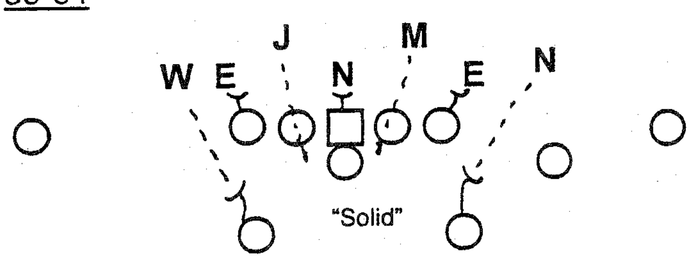
33 STACK



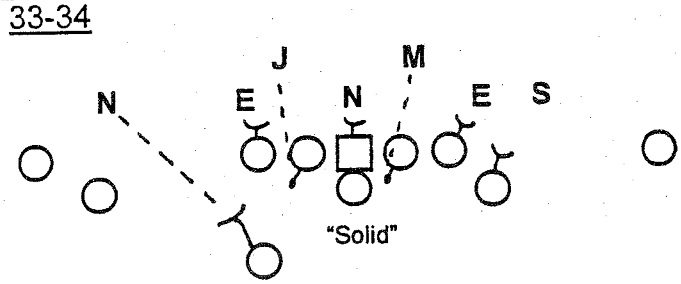
33 STACK



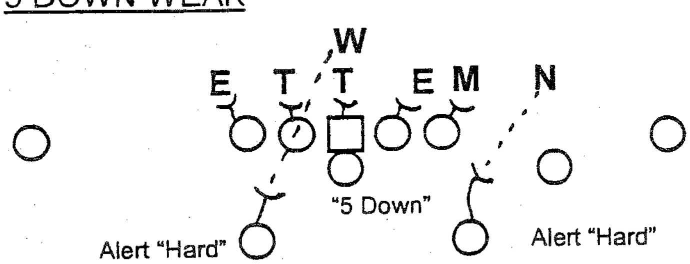
33-34



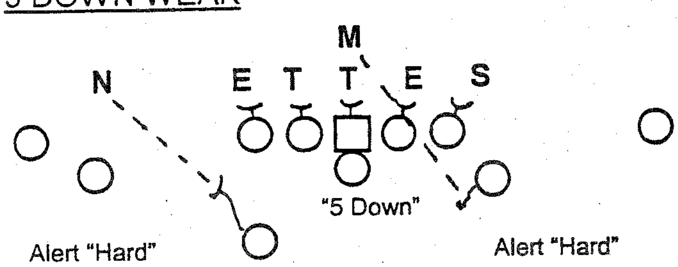
33-34



5 DOWN WEAK

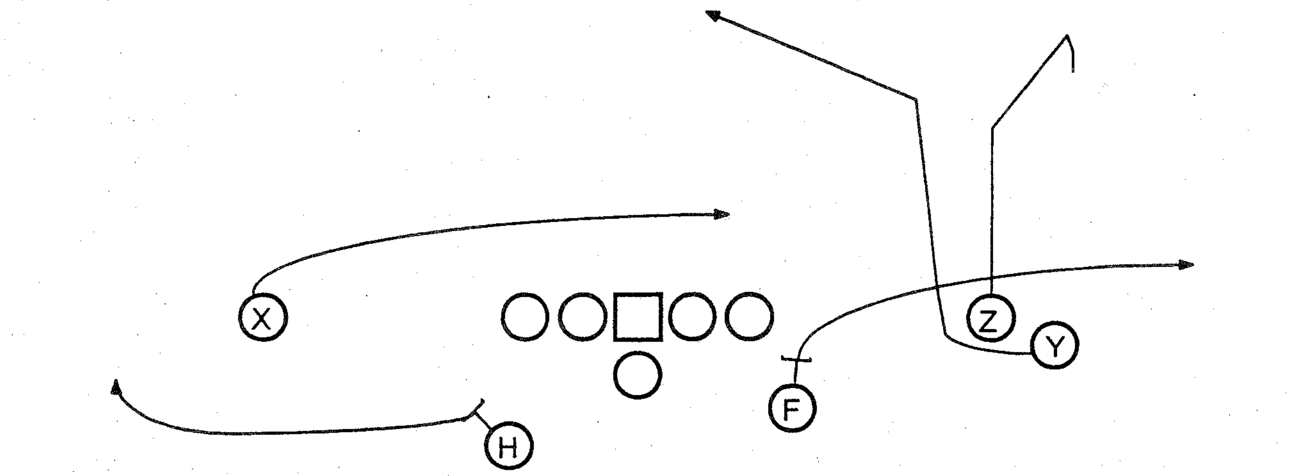


5 DOWN WEAK



058 STOP F FLAT

(FUZZ) BUNCH RT BRONCO RT 058 STOP F FLAT

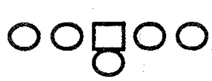


QB:

X
Y:
Z:

F:
H:

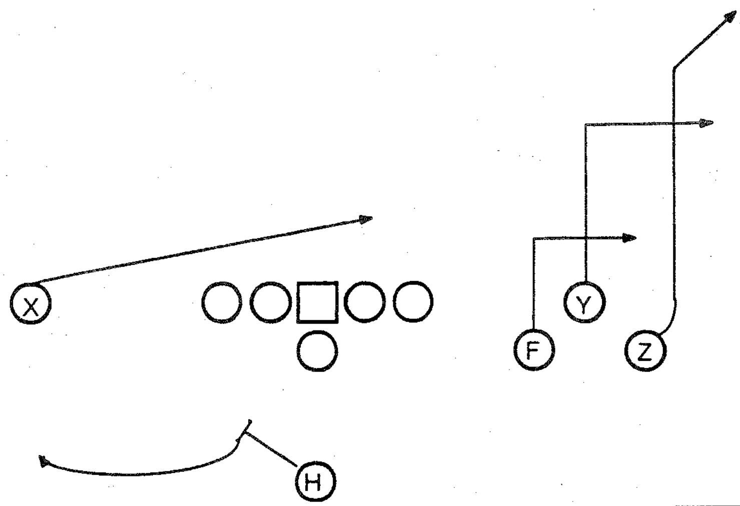
Notes:





077 FLAG F-OUT

TRIPLE RT SCAT RT 077 F-FLAG OUT



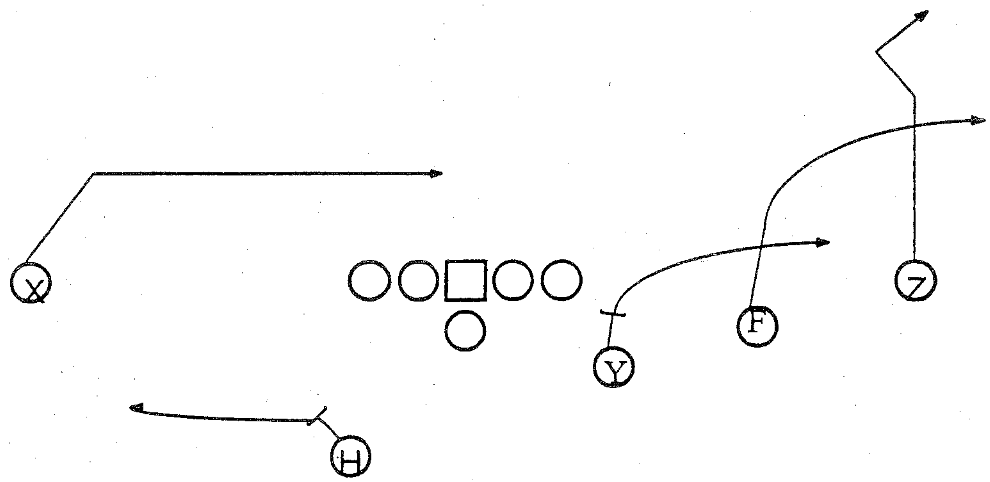
Q

X Inside 0 Route
Y: Inside 7 Route
Z: Flag

F: Out
H: Check Swing

NICKEL 077 SPECIAL

TWINS RT – BRONCO 077 SPECIAL

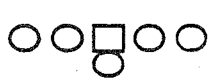


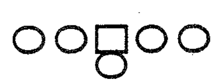
QB:

X Outside 0
Y: Inside 7
Z: 7 Flag

F: Check Flat
H: Check Swing

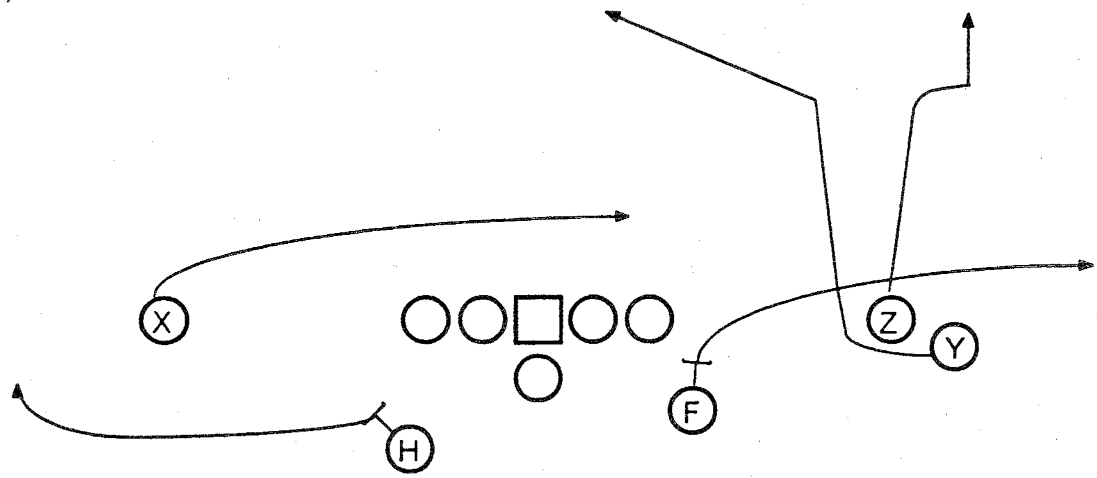
Notes:





078 PUMP F FLAT

(FUZZ) BUNCH RT BRONCO RT 078 PUMP F FLAT



QB:

X
Y:
Z:

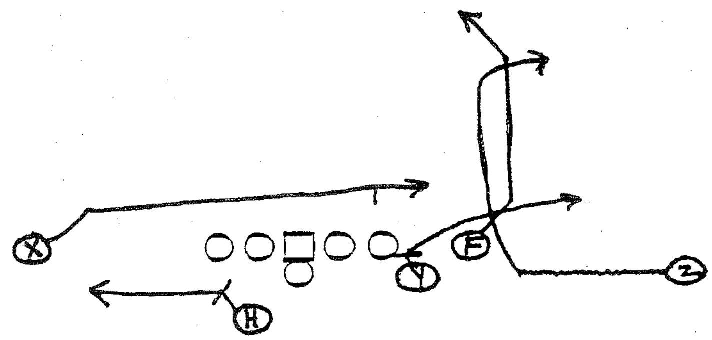
F:
H:

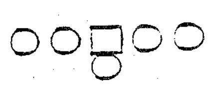
Notes:





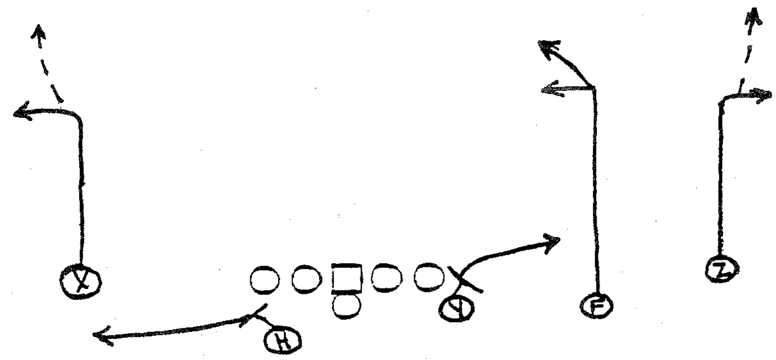
BUNCH RT BRONCO 087 FLAT



Q X Outside 0 Route Y: Check Flat Z: Inside 7 Route F: Inside 8 Route H: Check Swing	Notes:
	
	

383

TWINS RT BRONCO RT 383

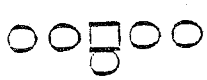


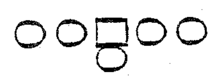
Q

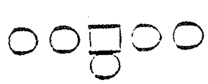
X Outside 3 Route
Y: Check Flat
Z: Outside 3 Route

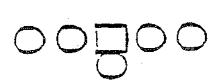
F: Inside 8 Route
H: Check Swing

Notes:

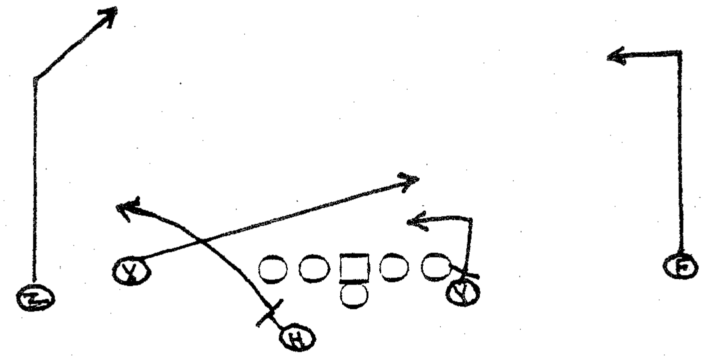








FLEET RT BRONCO LT 428 LUCKY



Q

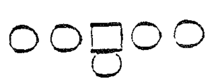
X Inside 2 Route
Y: Check Lucky
Z: Deep 8 Route

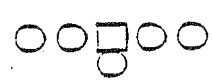
F: Inside 4 Route
H: Check Flat

Notes:



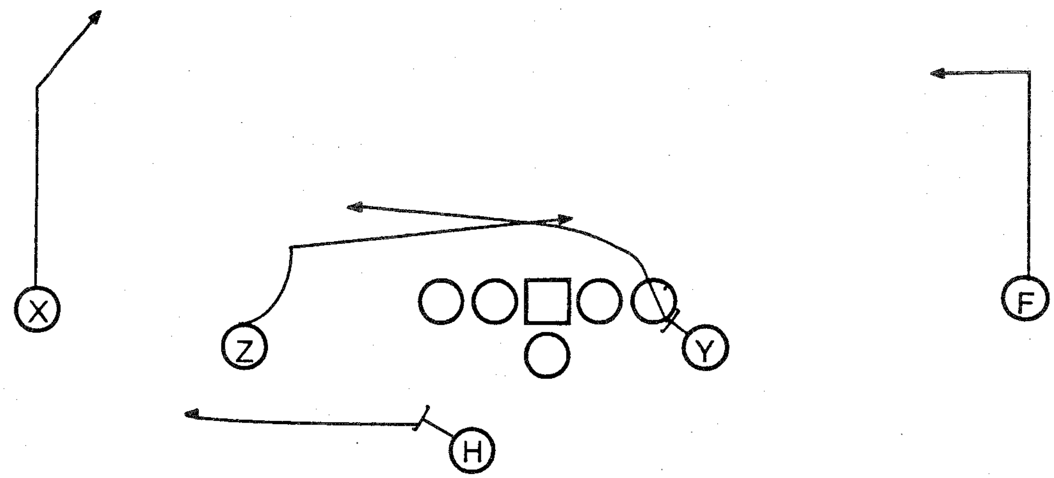






428 F DELAY

FLEX RT BRONCO LT 428 F DELAY

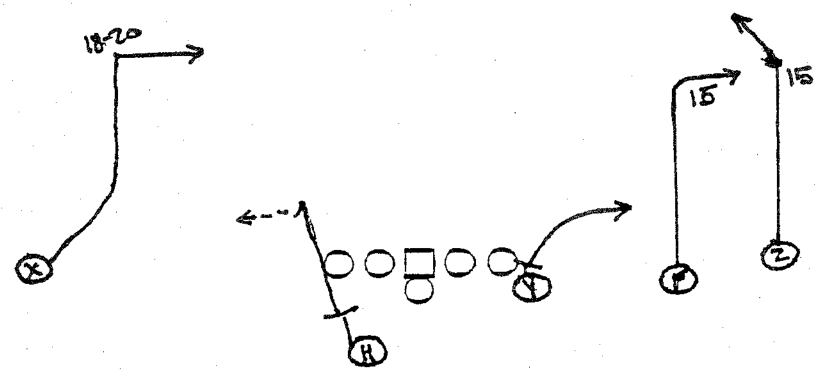


Q

X	Outside 8 Route
Y:	Check Delay
Z:	Inside 2 Route
F:	Outside 4 Route
H:	Check Swing

SEAM 478

TWINS RT BRONCO RT SEAM 478 F FLAT HOOK



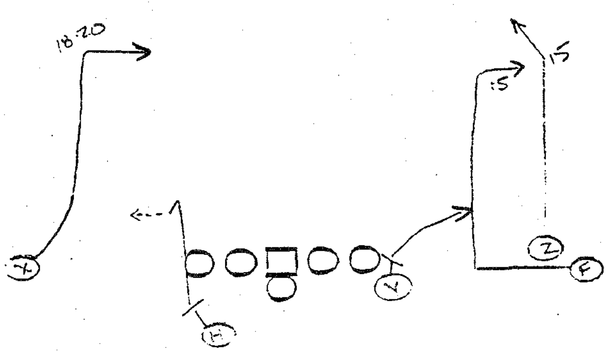
Notes:

Q

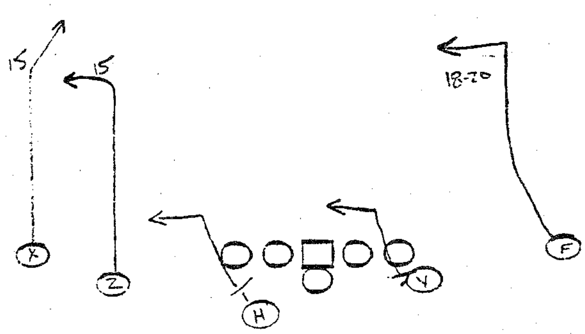
X seam 4 Route
Y: Check Flat
Z: Outside 8 Route

F: 7 Route
H: Check Hook

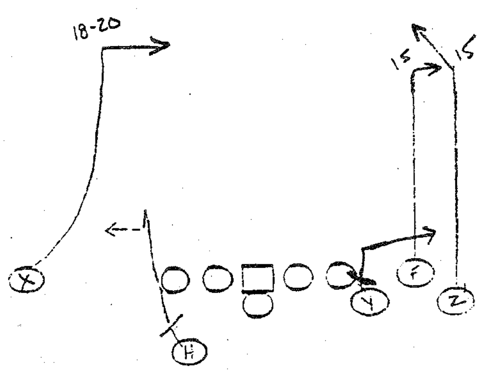
TWINS RT FLO BRONCO RT SEAM 478 F FLAT HOOK

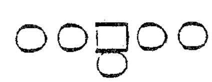


FLEX RT BRONCO LT SEAM 478 LUCKY

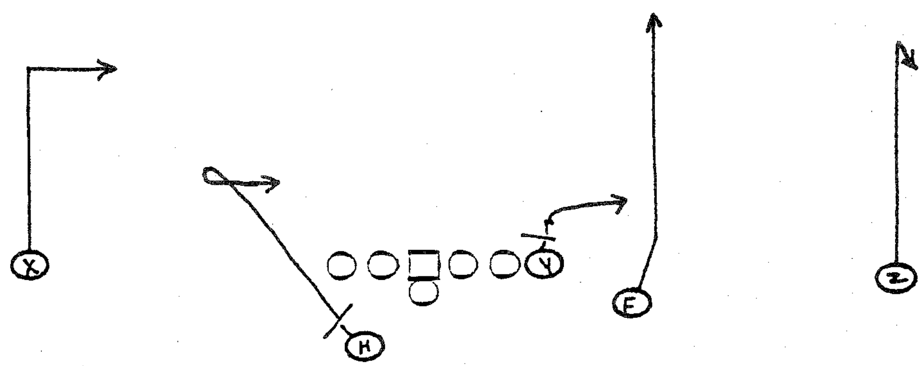


BUNCH RT BRONCO RT SEAM 478 F FLAT HOOK





TRIPS RT BRONCO RT 495 H TWIST



OB:

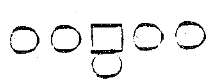
X
Y:
Z:

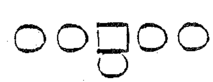
F:
H:

Notes:



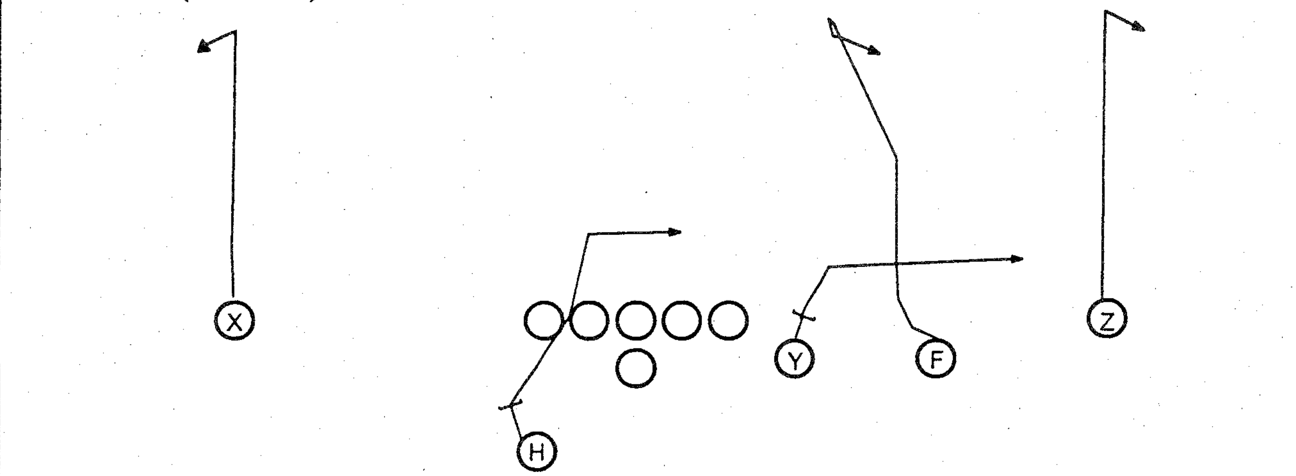






535 STUTTER

TWINS RT (NICKEL) – BRONCO RT 535 STUTTER – RICKY



QB:

X	Outside 5
Y:	Check Flat
Z:	Outside 5
F:	Stutter
H:	Check Sneak

Notes:

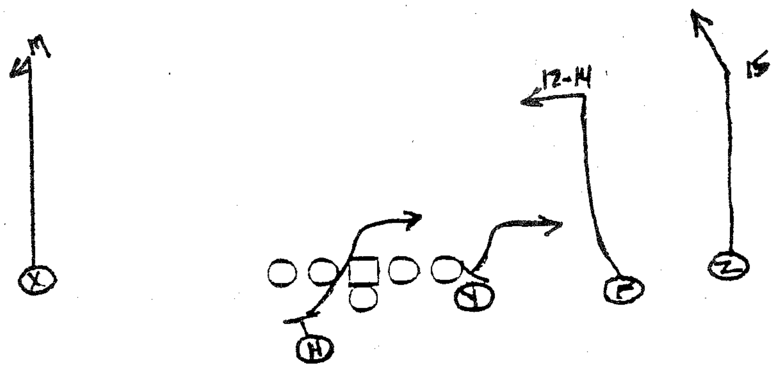








TWINS RT BRONCO RT 548 RICKY



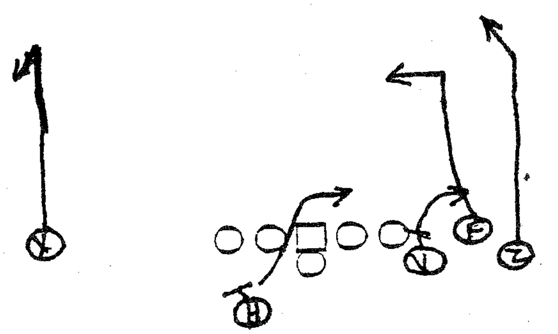
QB:

X Outside 5 Route
Y: Check Flat
Z: Outside 8 Route

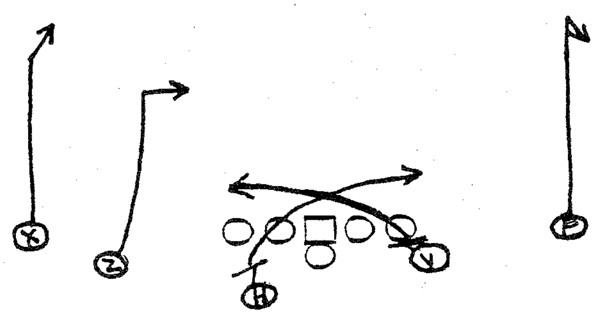
F: Inside 4 Route
H: Check Ricky

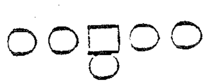
Notes:

BUNCH RT BRONCO RT 548 RICKY



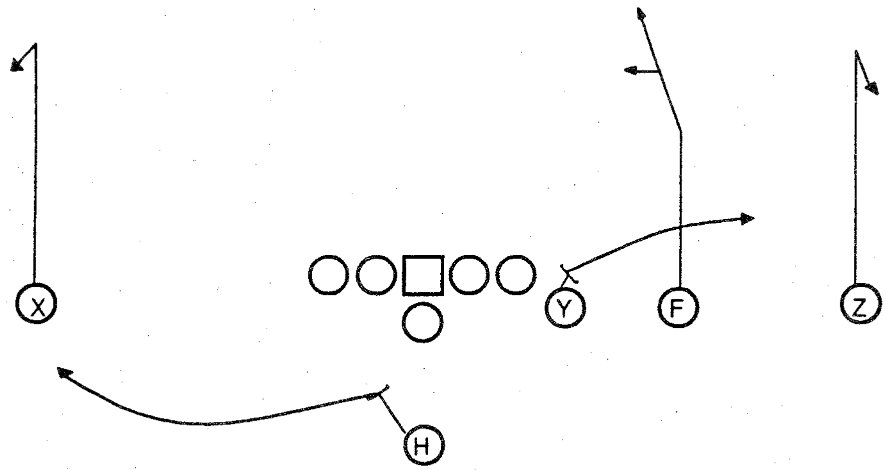
FLEX-RT BRONCO LT 548 BACKS CROSS







TWINS RT BRONCO RT 585



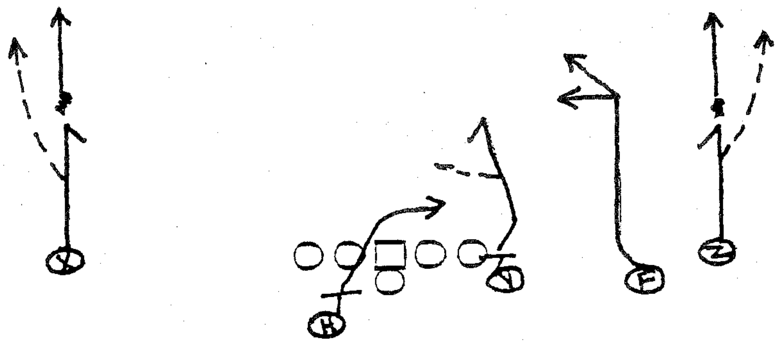
QB:

X Outside 5 Route
Y: Check Flat
Z: Outside 5 Route

F: Inside 8 Route
H: Check Swing

Notes:

TWINS RT BRONCO RT 686 READ F RUB SNEAK



Q

X Corner Off 6 Route, Press 9 Pump, Roll 9 Route

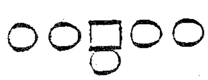
Y Check Rub Sneak

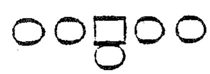
Z Corner off 6 Route, Press 9 Pump, Roll 9 Route

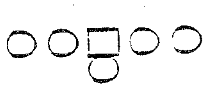
F Inside 8 Route

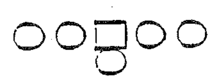
H -Check Sneak

Notes:

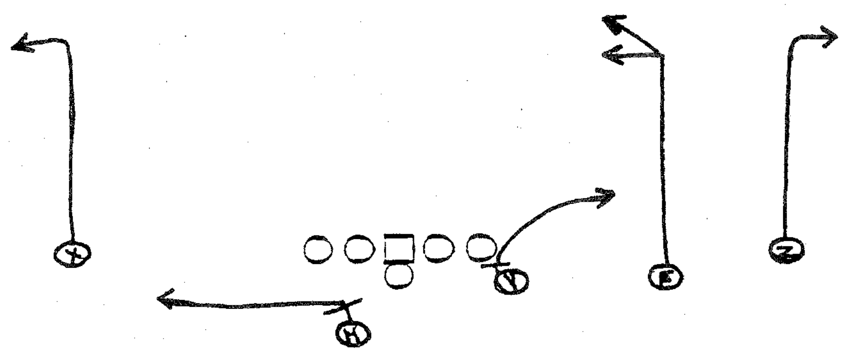








TWINS RT BRONCO RT 787

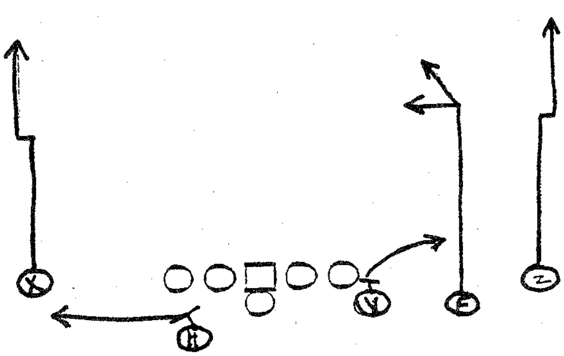


Q

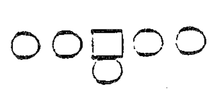
X	Outside 7 Route
Y:	Check Flat
Z:	Outside 7 Route
F:	Inside 8 Route
H:	Check Swing

Notes:

TWINS RT BRONCO RT 787 PUMP



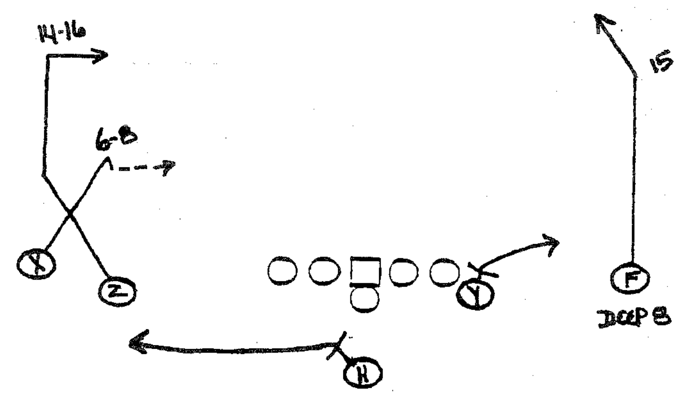






FLEX RT BRONCO LT 840

(Tango)



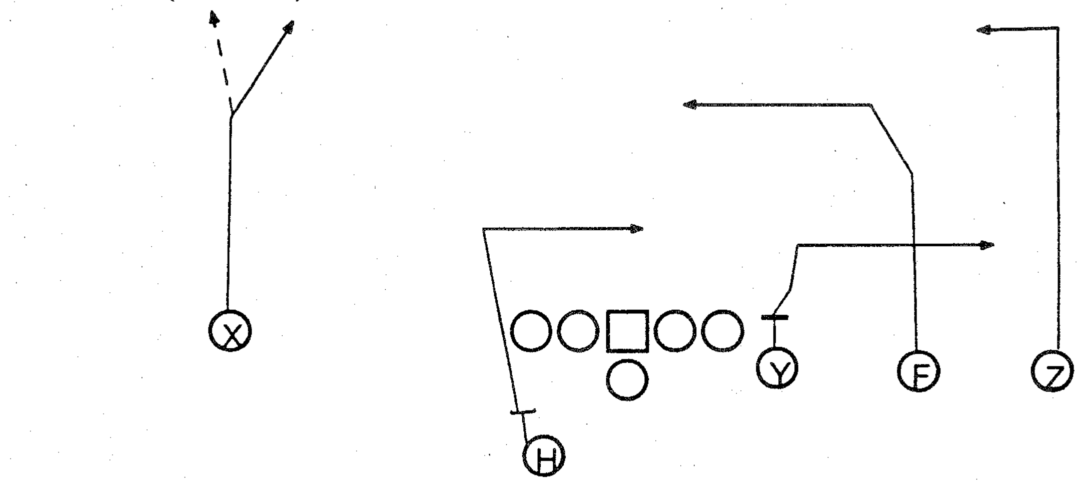
Q

X 1 Route
Y: Check Flat
Z: Outside 4 Route

F: Deep 8 Route
H: Check Swing

844 – 894 (NICKEL)

TWINS RT (NICKEL) – BRONCO 844 RICKY



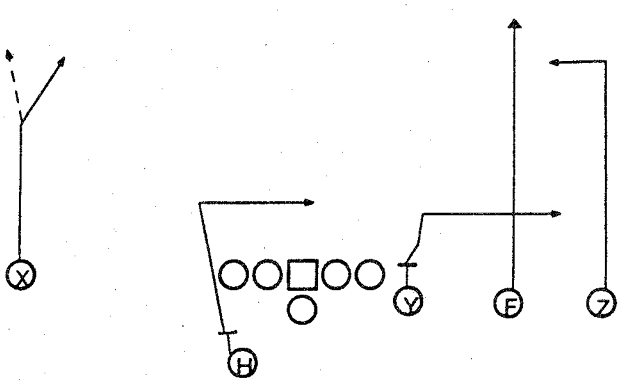
QB:

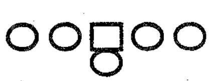
X Outside 8
Y: Check Out
Z: Outside 4

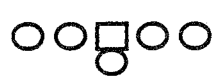
F: Inside 4
H: Check Out

Notes:

<u>TWINS RT BRONCO 894 RICKY</u>

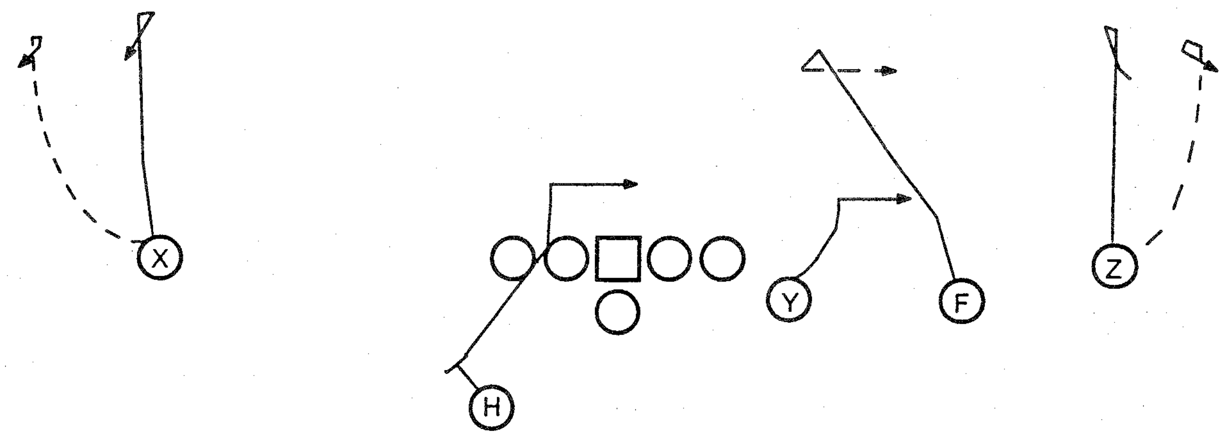






PATRIOT (NICKEL)

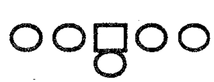
TWINS RT – BRONCO PATRIOT



QB:

X	Patriot
Y:	Check Flat
Z:	Patriot
F:	Inside 6
H:	Check Sneak

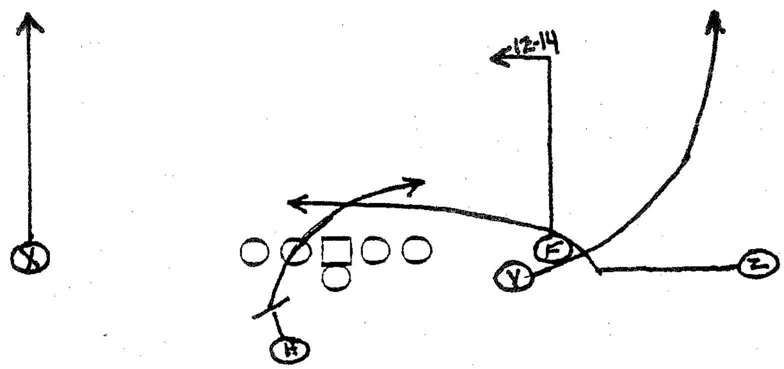
Notes:





940 F SHOOT SNEAK

BUNCH RT ZIP BRONCO RT 940 F SHOOT SNEAK



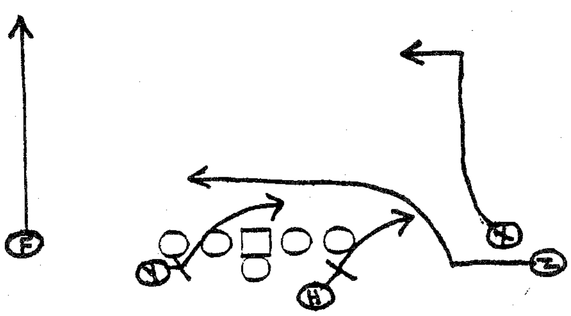
Q

X Outside 9 Route
Y: Shoot
Z: Outside 0 Route

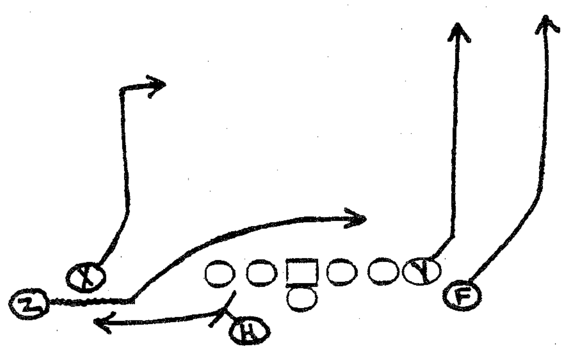
F: Inside 4 Route
H: Check Sneak

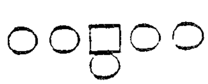
Notes:

FLEET LT ZIP BRONCO RT 940 RICKY



FLOAT RT ZIP SCAT RT 940 F SHOOT

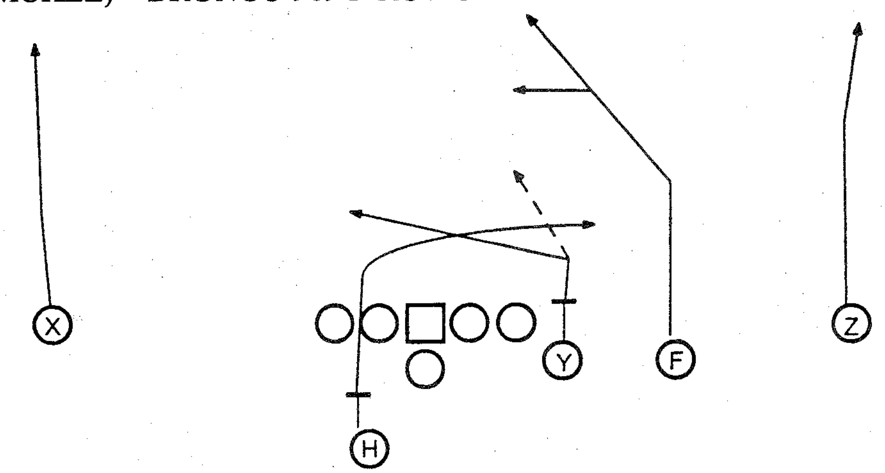






989

TWINS RT (NICKEL) – BRONCO 989 F-RUB-SNEAK

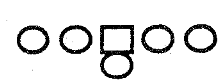


QB:

X	Outside 9
Y:	Check Rub Sneak
Z:	Outside 9
F:	Inside 8
H:	Check Sneak

Notes:





NICKEL SCAT

SCAT RT/LT PROTECTION

This is a 6-Man protection system. The line and remaining Back must assume the responsibility of blocking at least 6 of the 7 potential rushers. The Offensive Line will Dual Read one of the uncovered Linemen to the called side (Right or Left). The Back will block the WLB to secondary blitzer away from the call.

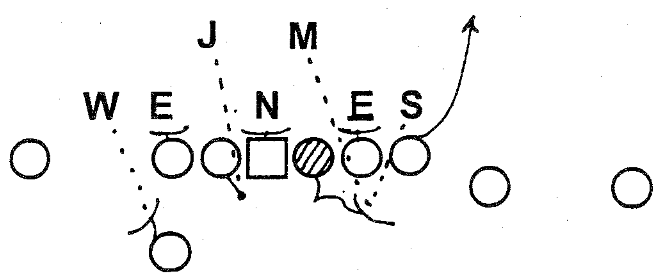
The huddle call will be either Scat Right or Scat Left. However, the QB or Center could make L.O.S. calls Roger or Louie to direct the Back and Offensive Linemen.

C.P. Alert "Sift" to the backside of Roger/Louie.

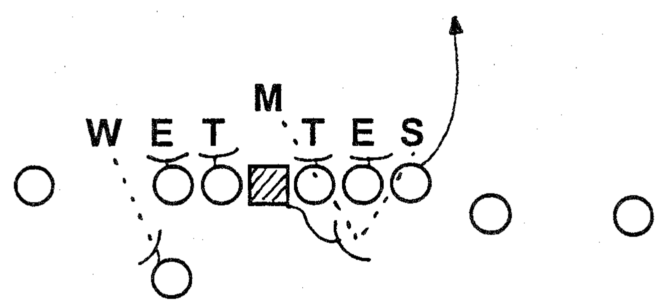
The depth of the pocket will be no deeper than 8 ½ yards.

SCAT RIGHT

34

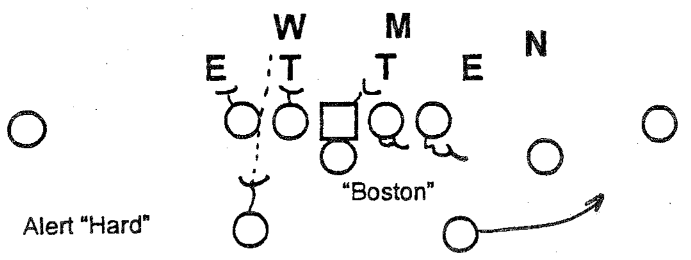


40

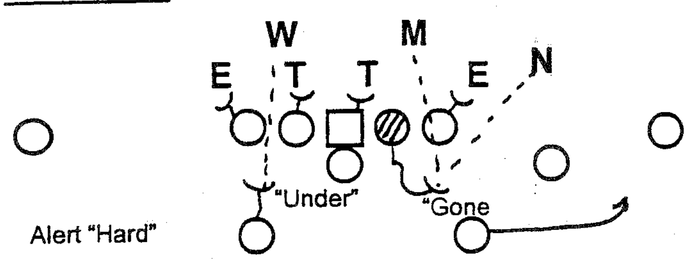


TWINS RT SCAT RT

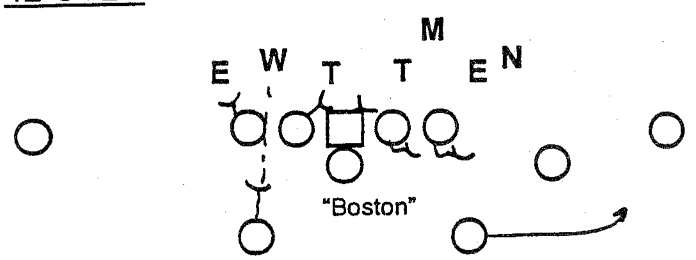
42



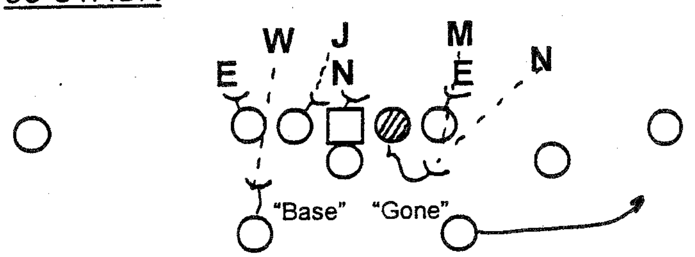
42 UNDER



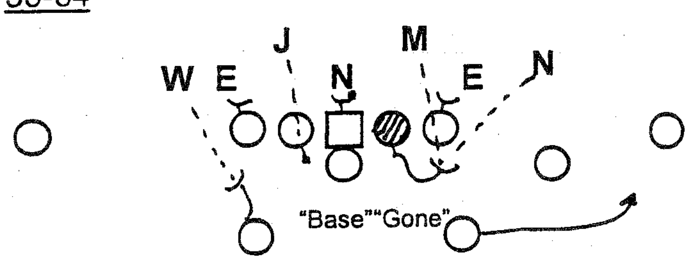
42 OVER



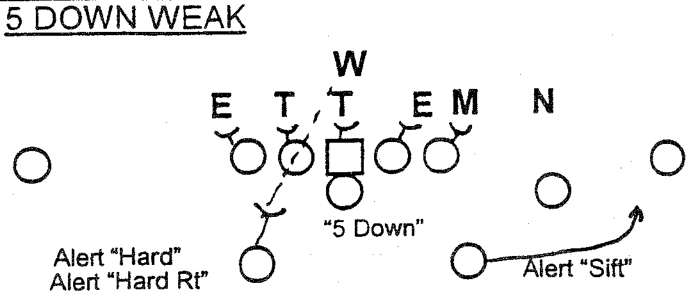
33 STACK



33-34

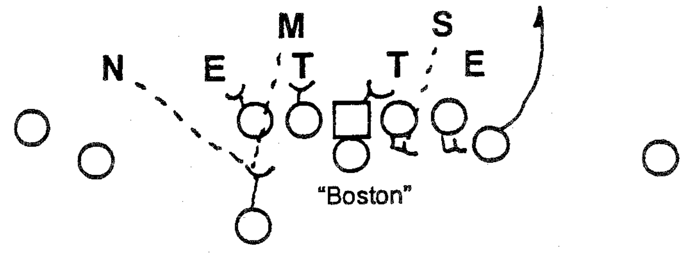


5 DOWN WEAK

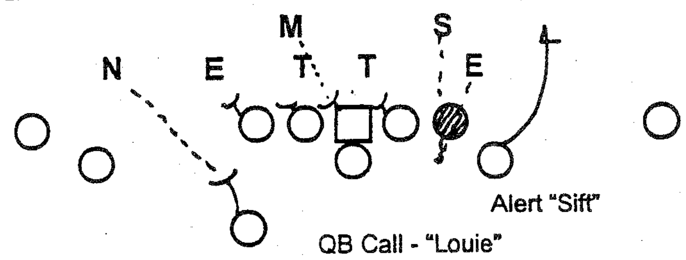


DOUBLE RT SCAT RT

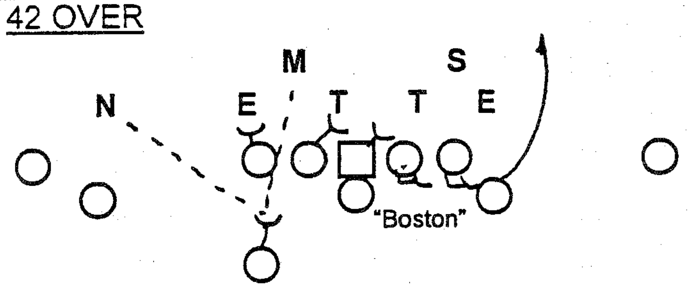
42



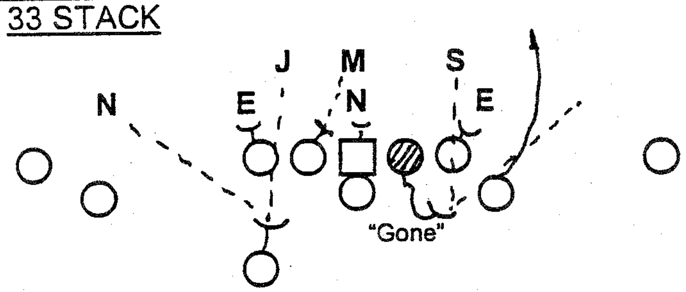
42 UNDER



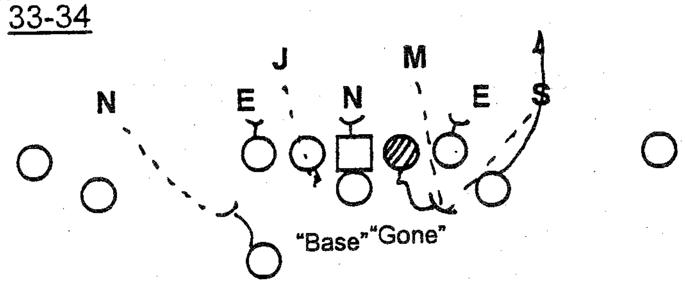
42 OVER



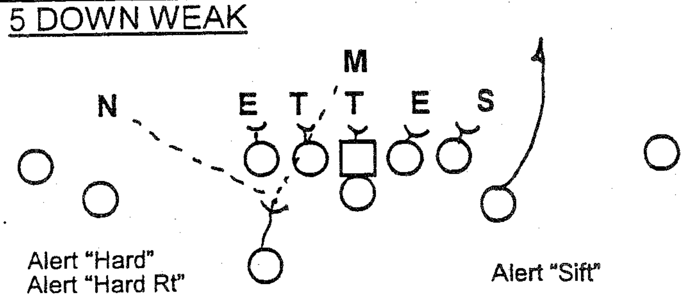
33 STACK



33-34

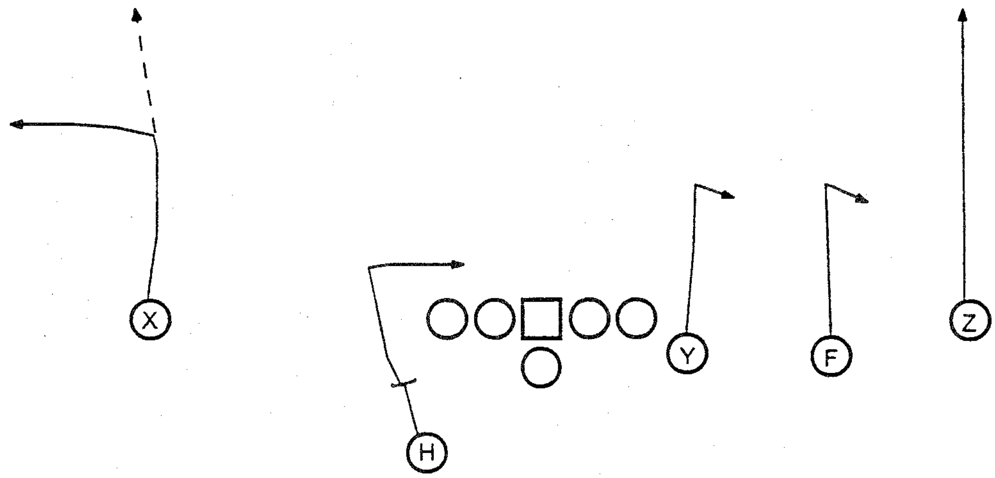


5 DOWN WEAK



339 (NICKEL)

TWINS RT – SCAT RT 339 F-3 DRAG



QB:

X Outside 3
Y: Inside 3
Z: Outside 9

F: Outside 3
H: Check Drag

Notes:



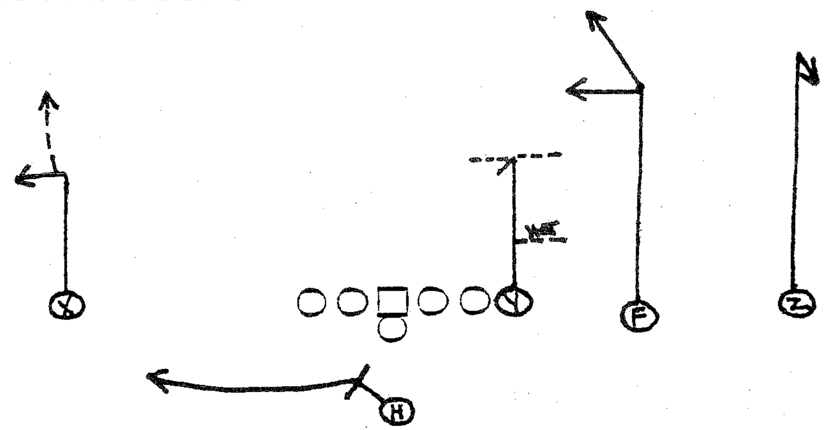






385

TWINS RT SCAT RT 385 Y DODGE

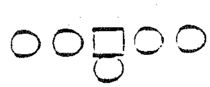


Q	
X	Outside 3 Route
Y:	Dodge
Z:	Outside 5 Route
F:	Inside 8 Route
H:	Check Swing

Notes:



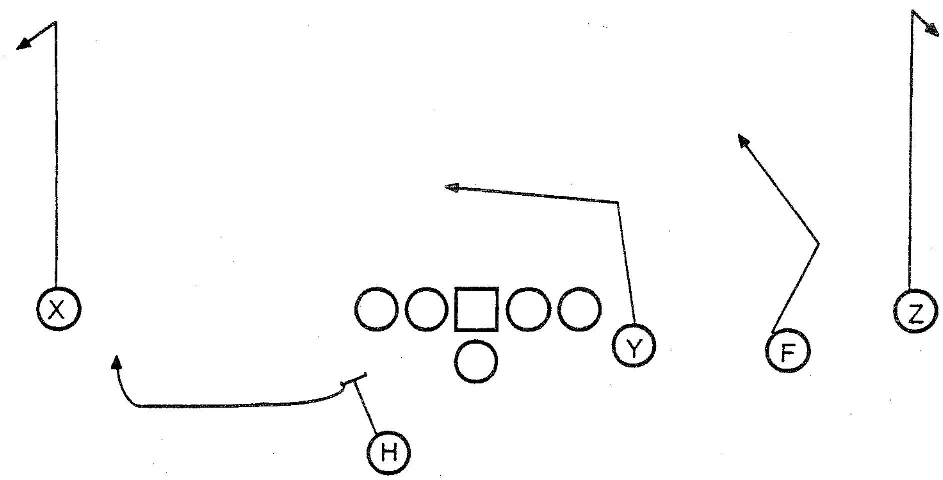






SCAT 525 (NICKEL)

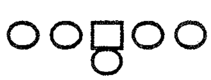
TWINS RT – SCAT RT 525 F-POST



QB:

X	Outside 5
Y:	Inside 2
Z:	Outside 5
F:	Post
H:	Check Swing

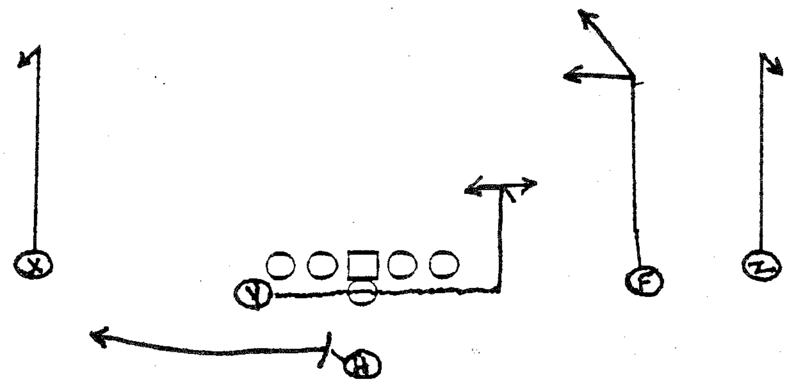
Notes:





585 Y OPTION

TWINS RT FLY SCAT RT 585 Y OPTION



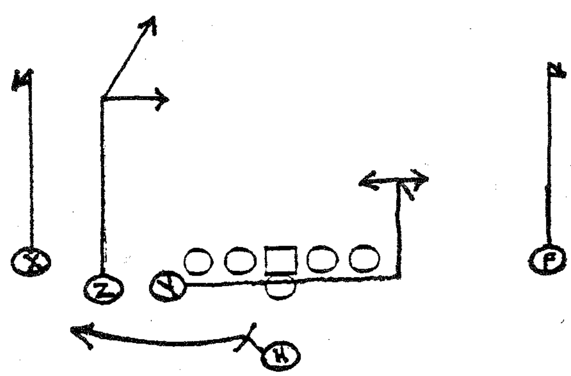
Q

X Outside 5 Route
Y: Option
Z: Outside 5 Route

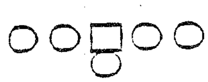
F: Inside 8 Route
H: Check Swing

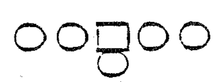
Notes:

FLEX RT FLY SCAT RT 585 Y OPTION



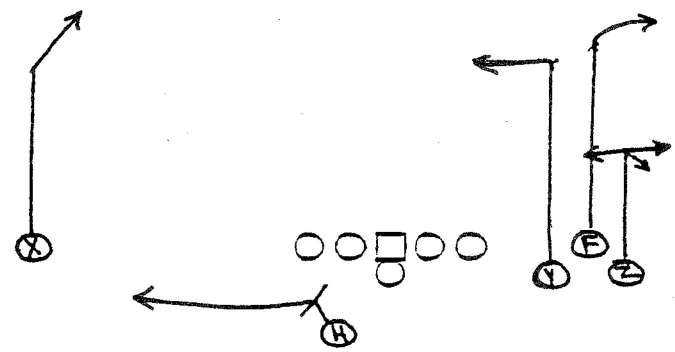






847 Z DODGE

BUNCH RT SCAT RT 847 Z DODGE



Q

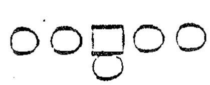
X Outside 8 Route
Y: Inside 4 Route
Z: Dodge

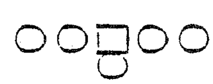
F: Inside 7 Route
H: Check Swing

Notes:









NICKEL ARC

ARC RIGHT AND LEFT PROTECTION

A 6-Man drop back protection. "H" will be responsible for a Dual Read pick up of the Mike to Sam, SS Positions. The Offensive Line will turn to Will, Alert "Hard" call strong-side (to call). If no threat run assigned route.

The depth of the pocket will be no deeper than 8 ½ yards

C.P. HB vs. Over front, the back will block 1st LB weak to 2nd LB strong.

C.P.: If Sam and Mike dog, the TE is "Hot".

QUICK ARC PROTECTION

This is a 6-man protection with the same rules as Arc Right/Left. the Offensive Line has the 4 down line men and Will. The remaining Back has a "Dual" read from Mike to Sam. Alert "Hard" if your man is in the A-Gap.

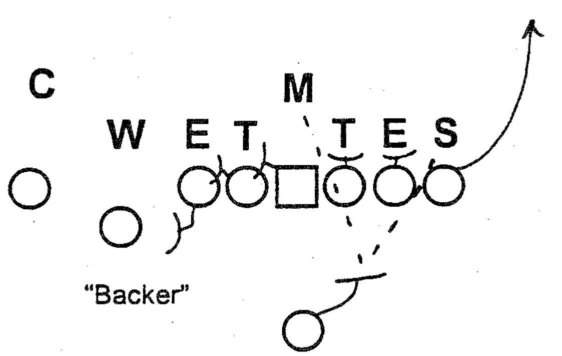
The "Quick" indicates that the QB is taking a short drop, 3 steps, no deeper than 5 yards.

ARC HOT PROTECTION

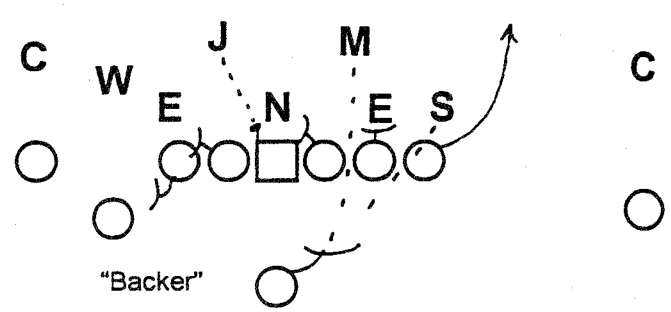
5 Man protection with free release by "H", the call side of the line, Alert "Sift".

ARC RIGHT

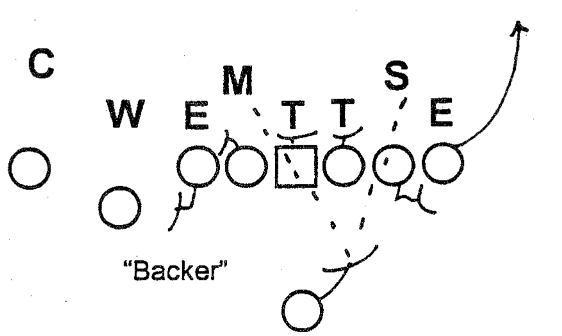
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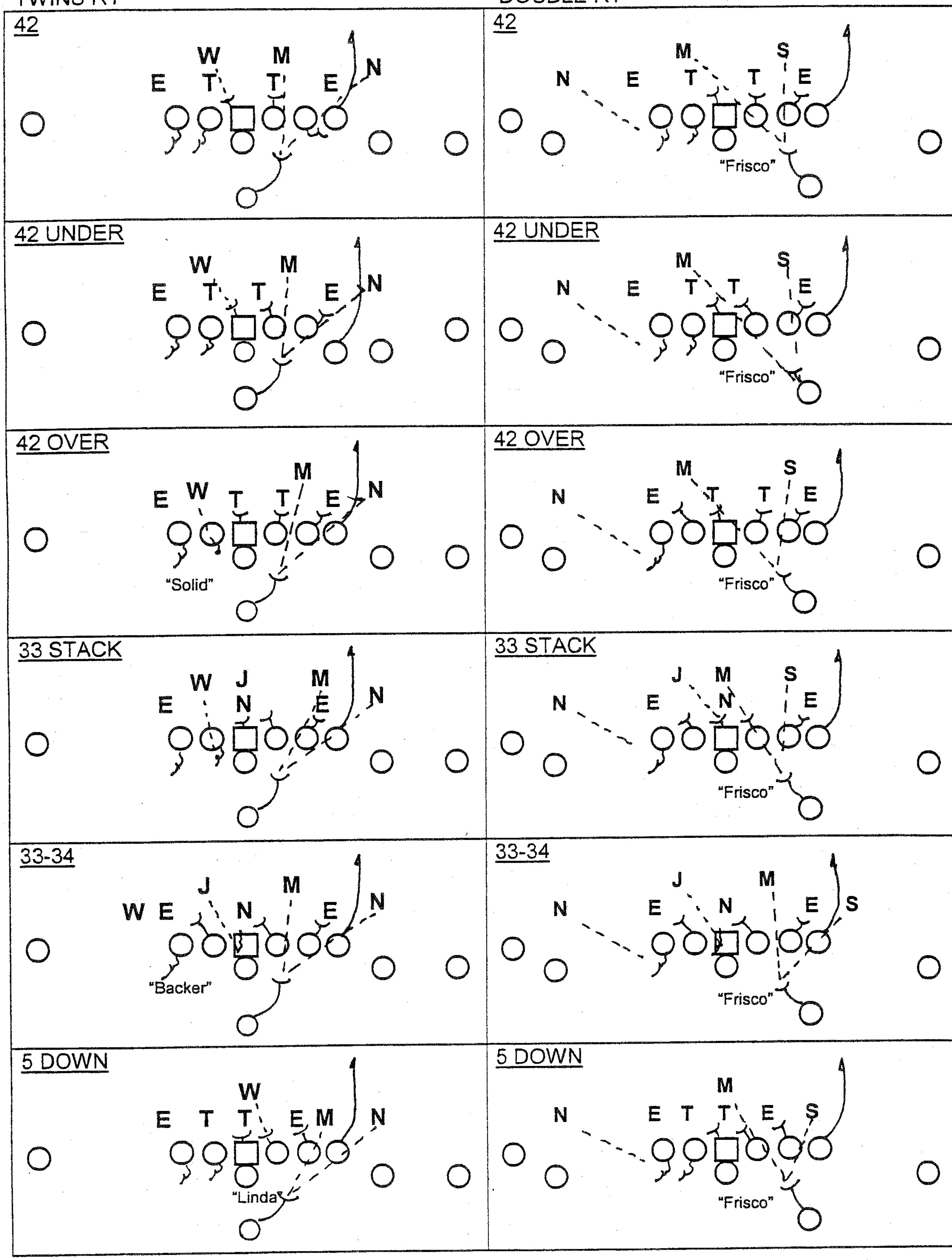
34



40 Over Sink

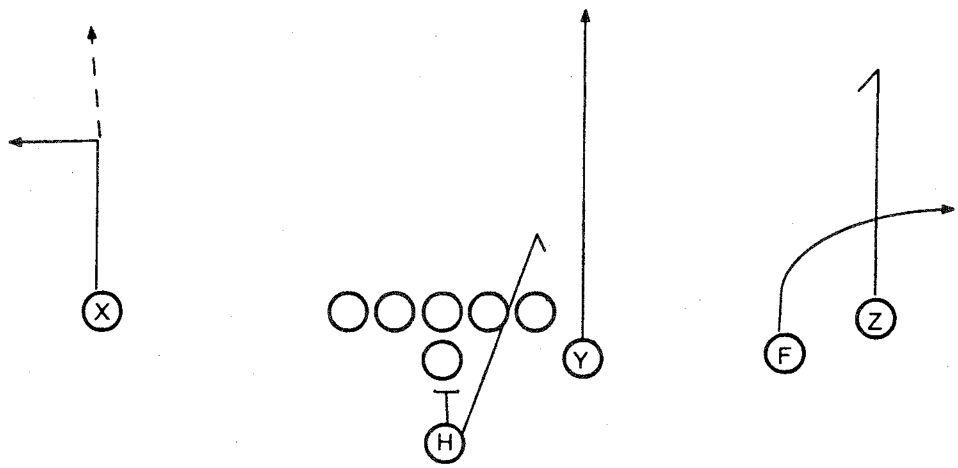


TWINS RT ARC RT | DOUBLE RT ARC RT



396-397-896-897 (NICKEL)

TWINS RT (NICKEL) – ARC RT 396 F-FLAT

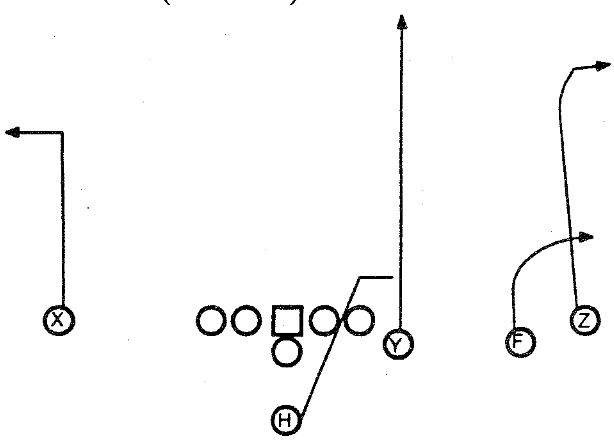


QB:

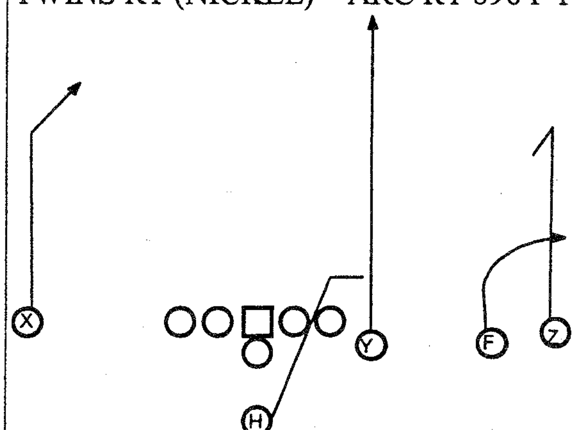
X	Outside 3
Y:	Inside 9
Z:	Outside 6
F:	Flat
H:	Check Down

Notes:

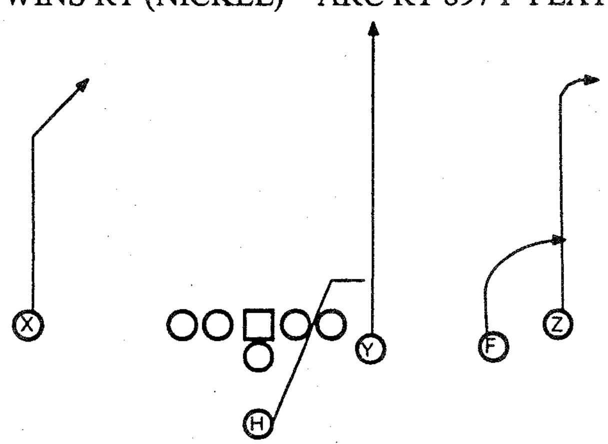
TWINS RT (NICKEL) ARC RT 397 F-FLAT



TWINS RT (NICKEL) – ARC RT 896 F-FLAT

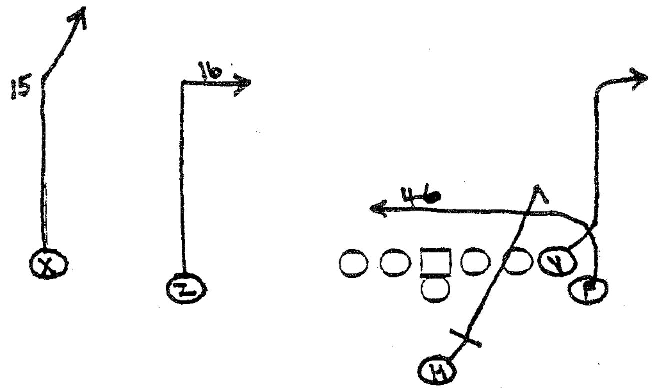


TWINS RT (NICKEL) – ARC RT 897 F-FLAT





FLANK RT ARC RT 748 F-DRAG



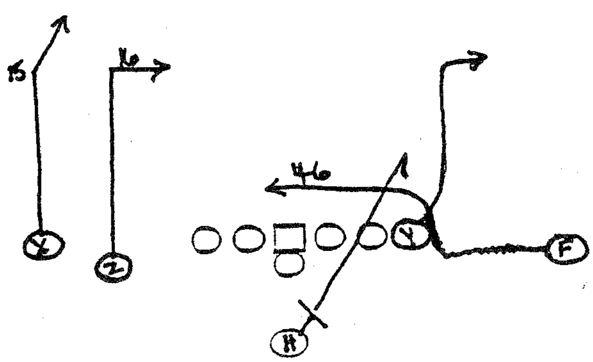
Q.

X Run It 8 Route
Y: Inside 7 Route
Z: Inside 4 Route

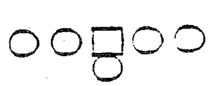
F: Drag
H: Check Down

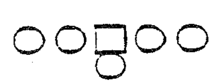
Notes:

FLEX RT FLO ARC RT 748 F-DRAG









NICKEL SCRAM

SCRAM RIGHT AND LEFT PROTECTION

This is a 5-Man protection system that allows us to free release 5 receivers into a pattern. In order to block 5 of the 6 potential rushers, we will Dual Read both sides with the uncovered Linemen.

C.P. Alert 5 Down call vs. 5-1 Bear. Alert Sift call.

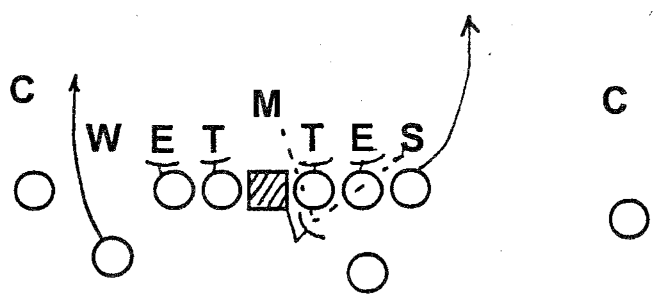
The depth of the pocket will be no deeper than 8 ½ yards.

All hots are built in.

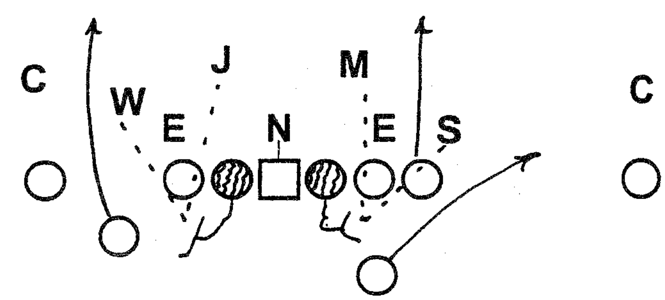
C.P. Alert Louie or Roger Call by QB. Changes Scram Rt. to Scram Lt. and Vice Versa.

SCRAM RIGHT

40

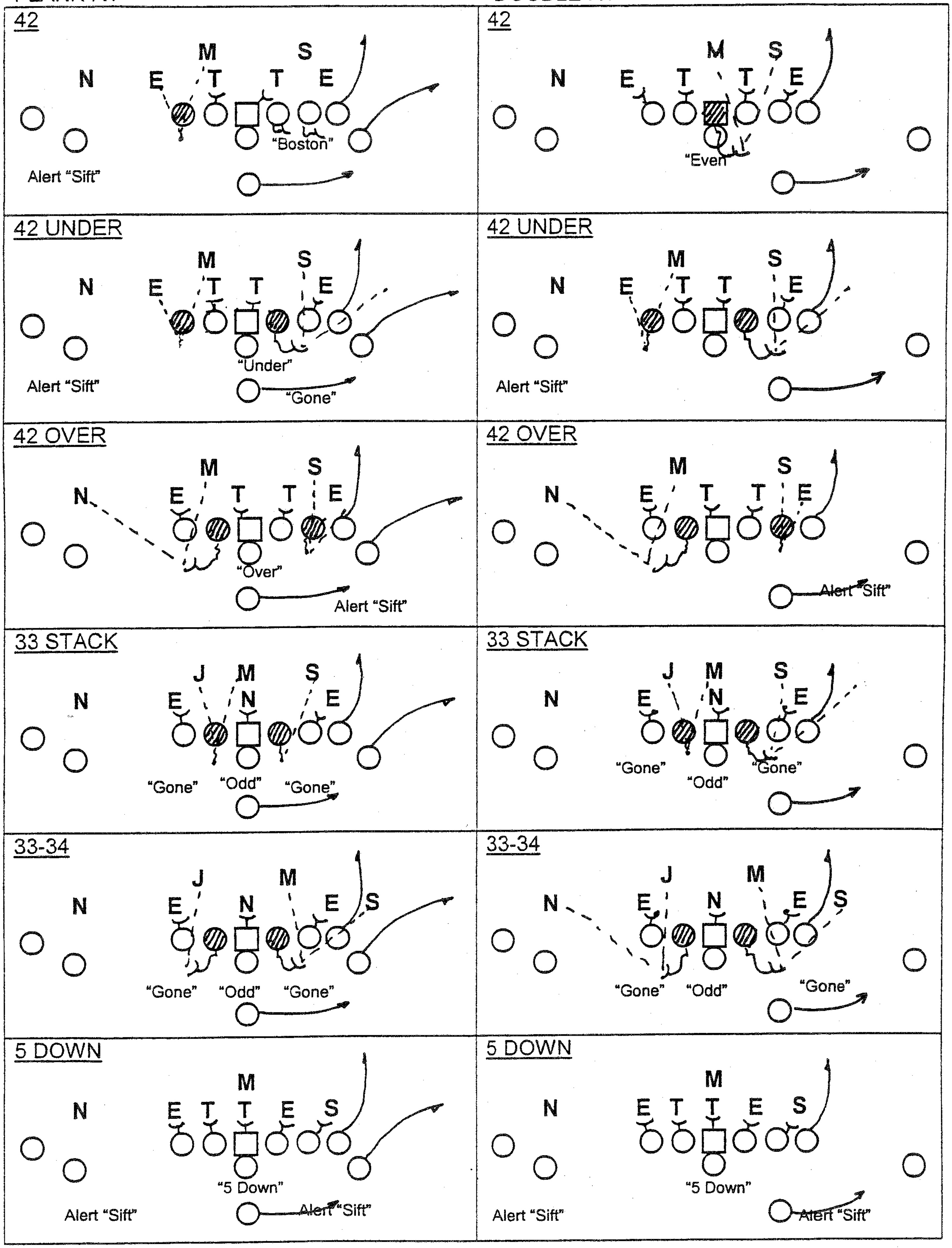


34



FLANK RT SCRAM RT

DOUBLE RT SCRAM RT



SMOKE

SMOKE PROTECTION

This is an 7-Man protection with a Scat weak. The uncovered Weak Guard or the Center will Dual read inside out.

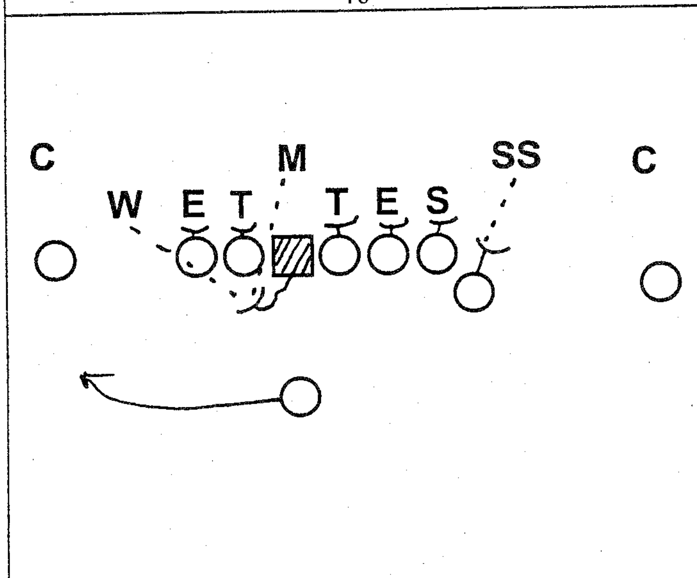
C.P. If the #4 defender is aligned inside the TE Alert Swoop.

C.P.: The weakside Back has a free release and he is hot off of the #2 potential blitzer.

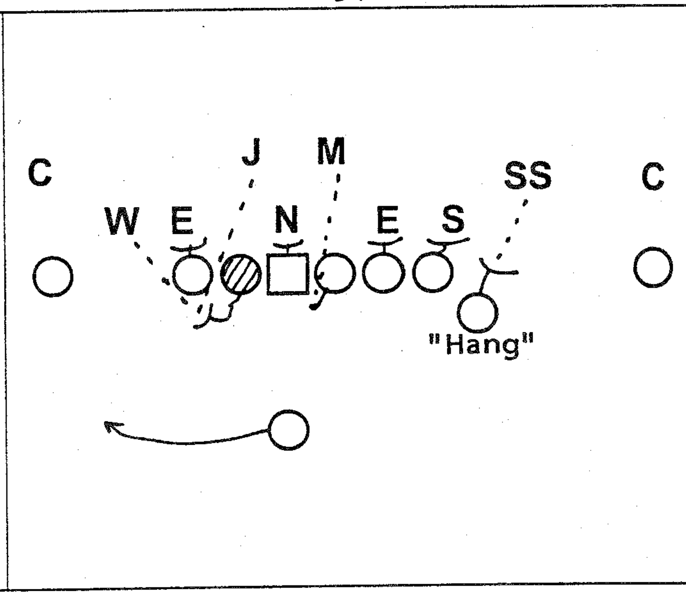
SMOKE/SHOT – This is basically the same protection as Smoke, however, the "F" is Hot off of the #4 potential blitzer strong.

SMOKE

40

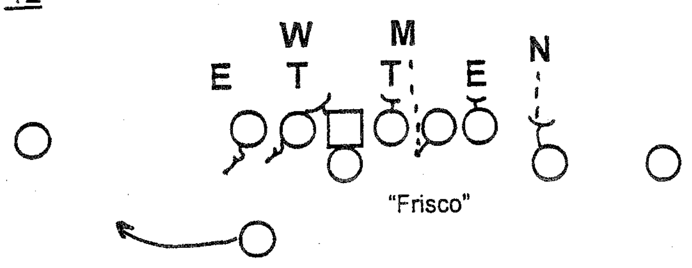


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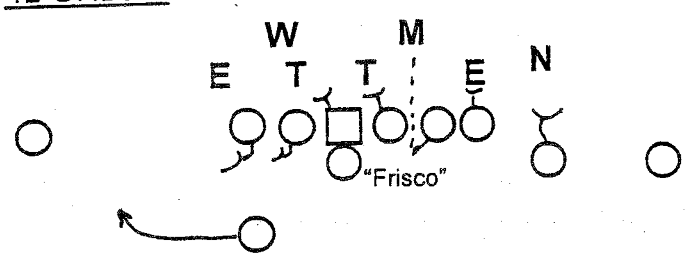


TWINS RT — SMOKE 2

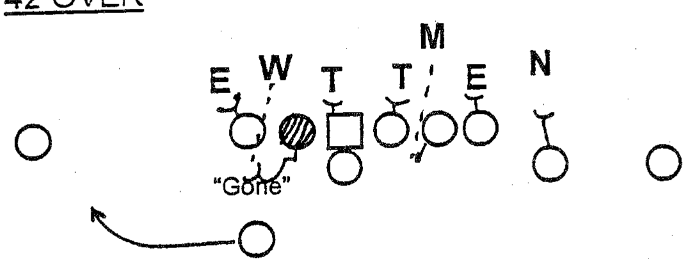
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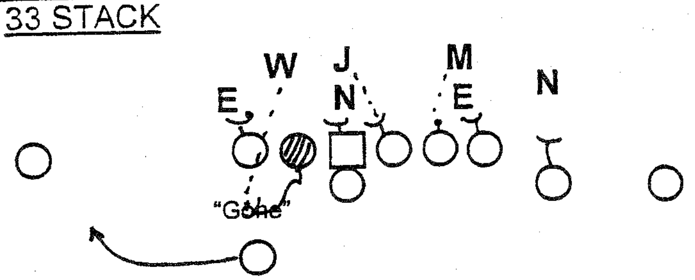
42 UNDER



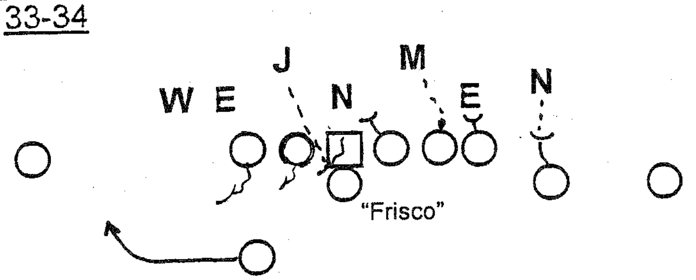
42 OVER



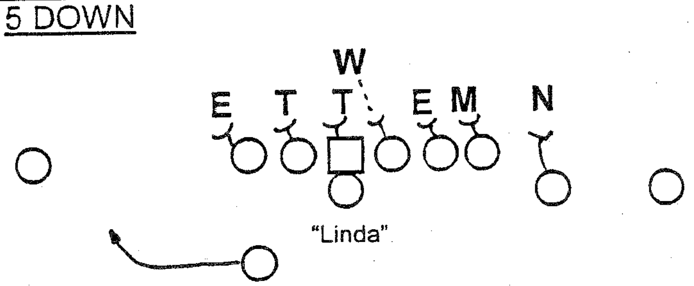
33 STACK



33-34

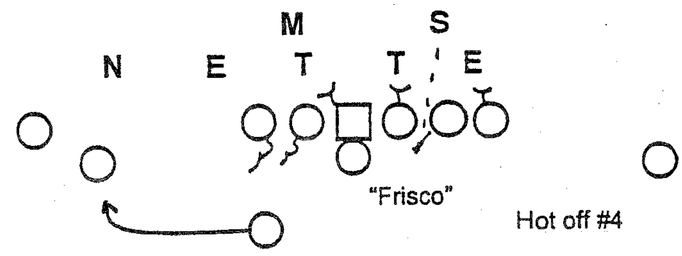


5 DOWN

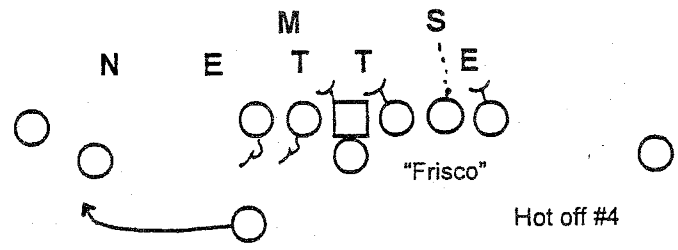


DOUBLE RT — SMOKE 2

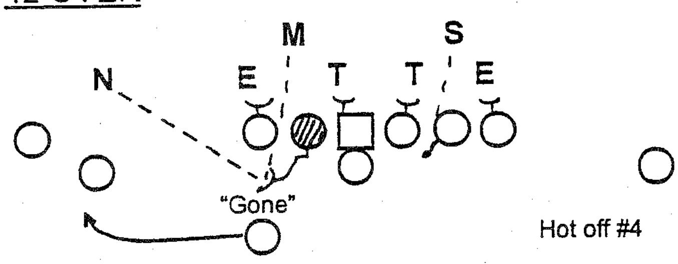
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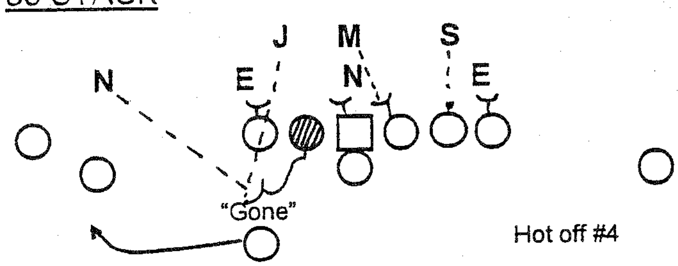
42 UNDER



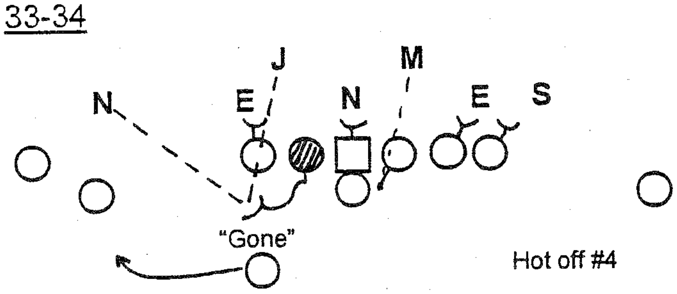
42 OVER



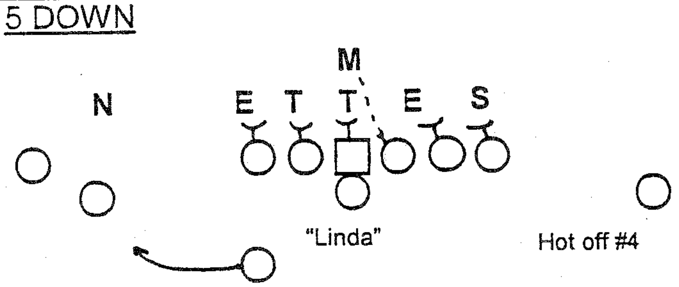
33 STACK



33-34



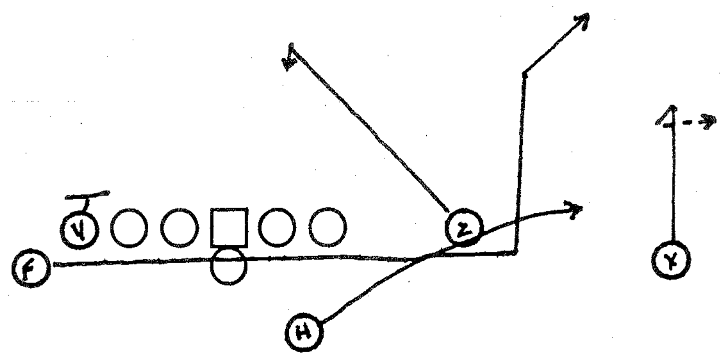
5 DOWN



Form 2

OH 60 WHIP

TEX RT MOTION SMOKE RT 0H 60 WHIP F CORNER FLAT



QB:

X 0 Whip
Y: Block Protection
Z: Inside 6

F: Corner
H: Flat

Notes:



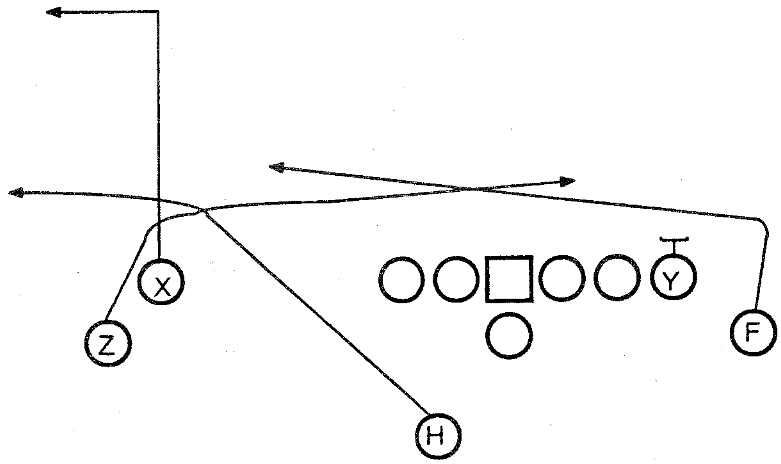






070 H-FLAT

FLOAT RT SMOKE LT 070 H-FLAT



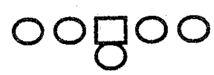
QB:

X
Y:
Z:

F:
H:

Notes:



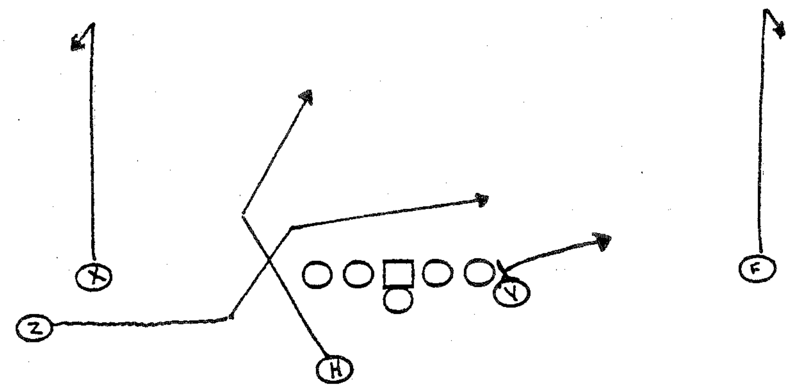






525 H POST

FLEX RT ZIP SMOKE LT SHOT 525 H POST



Q

X	Outside 5 Route
Y:	Check Flat
Z:	Inside 2 Route
F:	Outside 5 Route
H:	Post

Notes:



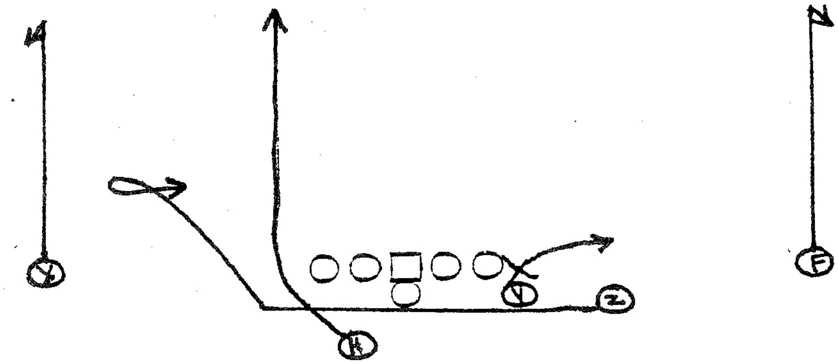






555 Z TWIST

FLEX RT ZOOM SMOKE LT SHOT 555 Z TWIST H UP



Notes:

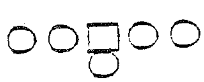
Q

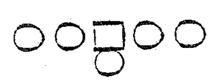
X Outside 5 Route
Y: Check Slow Flat
Z: Twist

F: Outside 5 Route
H: Up



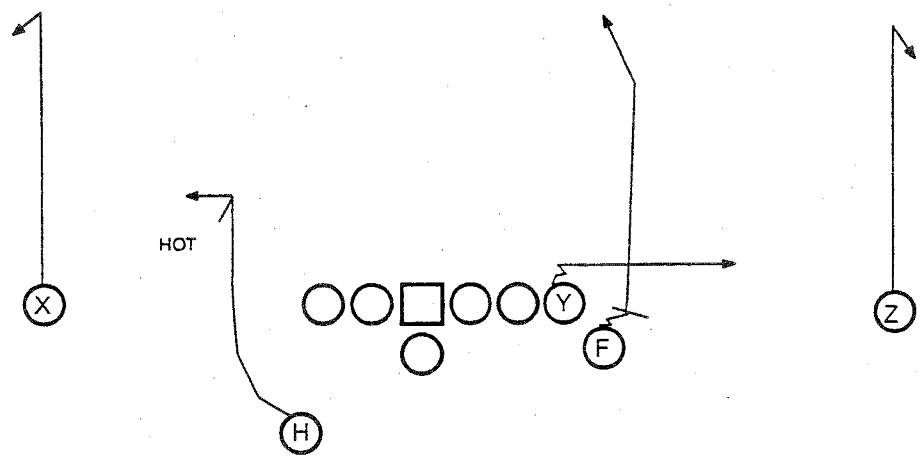






SMOKE 585 H CHOICE

TRIPS RT SMOKE LT 585 H CHOICE

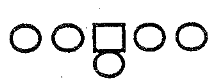


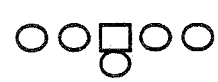
QB:

X Outside 5
Y: Check #3 – Slow Flat
Z: Outside 5

F: Check #4 – inside 8
H: Option

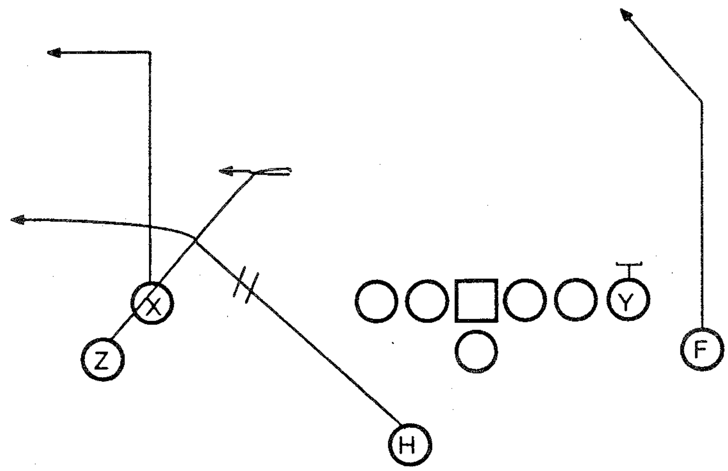
Notes:





870

FLOAT RT SMOKE LT 870 WHIP H-FLAT

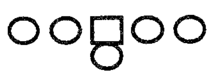


QB:

X
Y:
Z:

F:
H:

Notes:



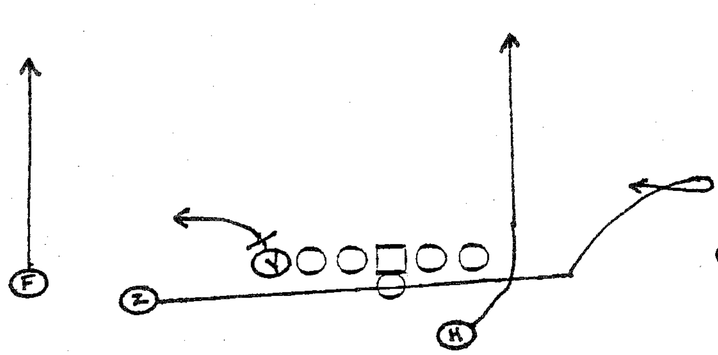






959 Z TWIST

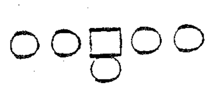
FLEX RT ZOOM SMOKE RT 959 Z TWIST H UP -

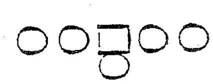


QB: X Y: Z: F: H:	Notes:



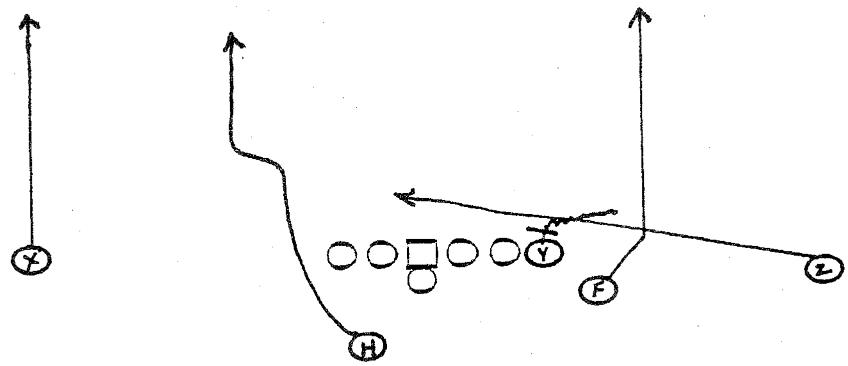






990 H PUMP

TRIPS RT SMOKE LT 990 H PUMP



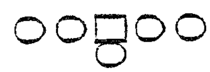
QB:

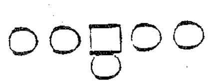
X
Y:
Z:

F:
H:

Notes:



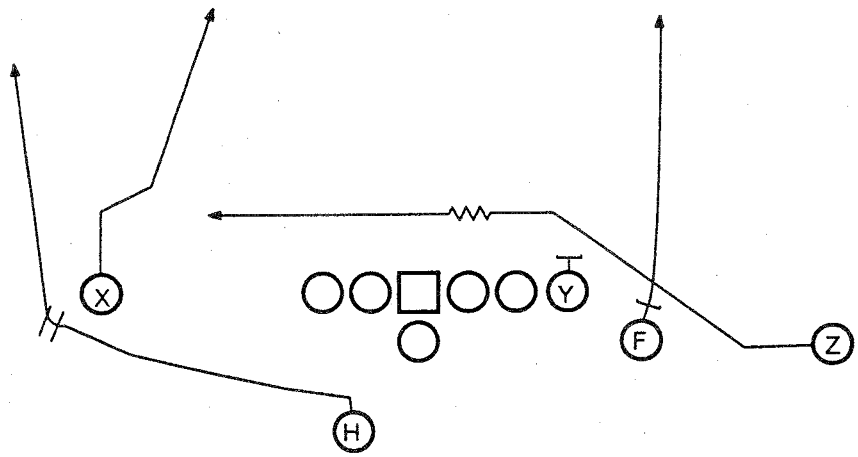






BULLETS Z-CHOP

TRIPS RT ZIP SMOKE LT BULLETS Z-CHOP



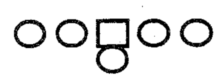
QB:

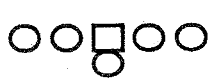
X
Y:
Z:

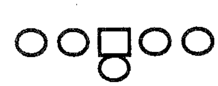
F:
H:

Notes:









OTTO

OTTO PROTECTION

Otto is an 8-Man pass protection, the Center goes weak when he is uncovered to block the #1 potential blitzers call side. The remaining Back in the backfield blocks the #2 potential blitzer call side. The "F" blocks the #4 potential blitzer to the offside. The Offensive Line will block Base rules.

C.P.: "Smoke Call: "H" has a free release and is hot off of the #2 blitzer call side. This is basically a weak side Scat, with Scat rules.

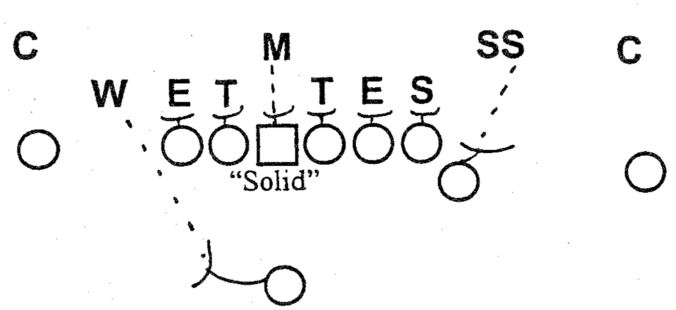
C.P. Receivers have no adjustments in Otto Protection.

"Shot Call" – The "F" has a free release strong-side and is hot off the #4 blitzer.

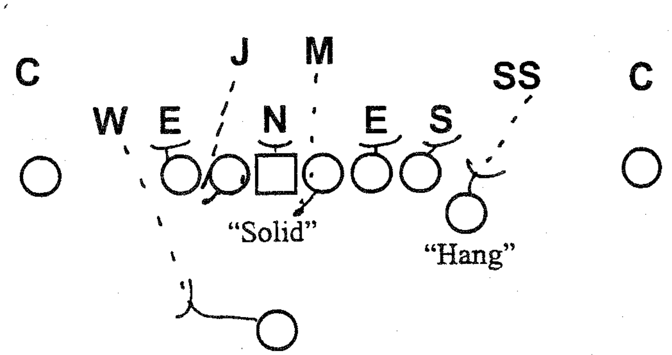
C.P.: Alert Solid vs. 34 Defense, Swoop Call vs. #4 inside Tackles' box.

OTTO LEFT

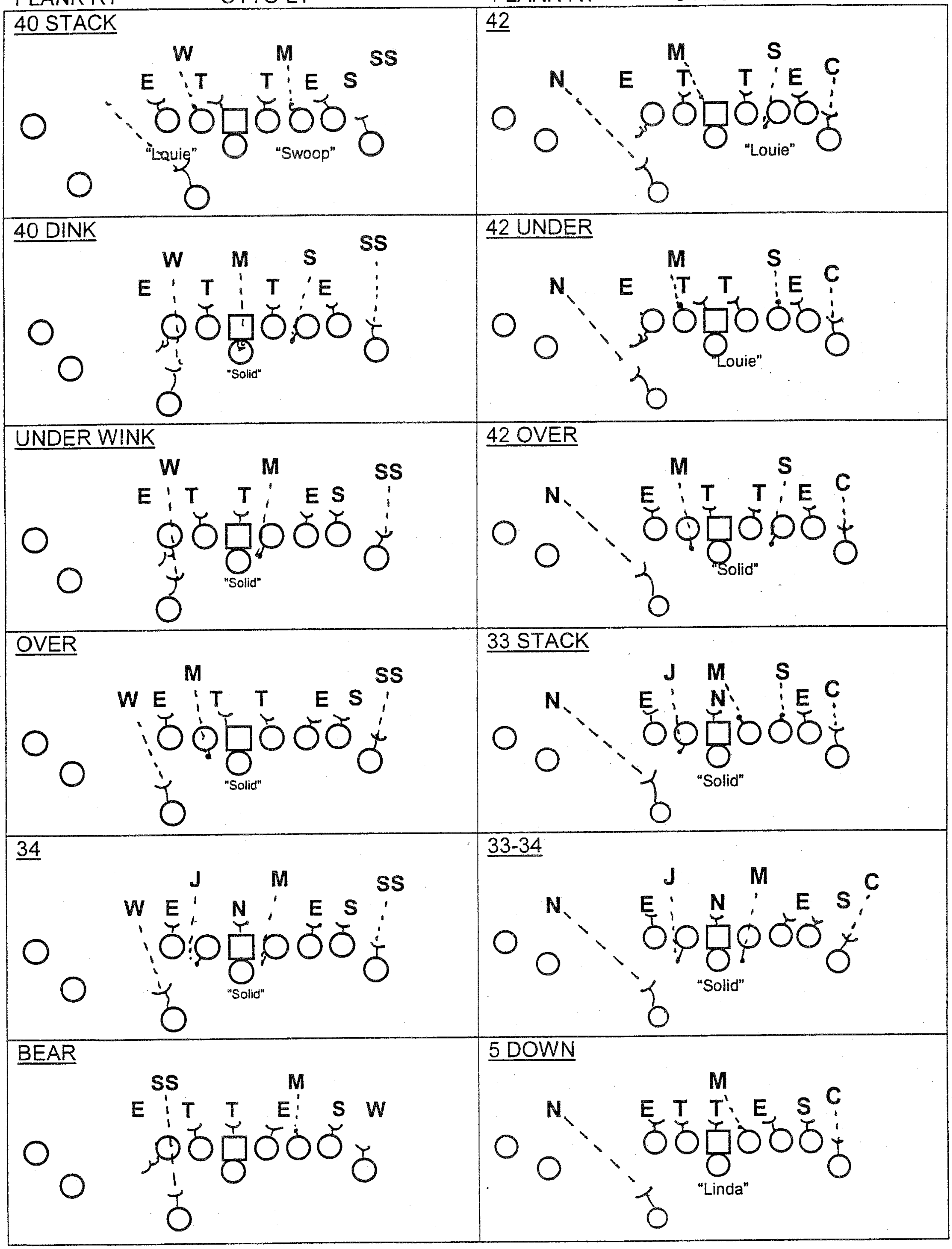
40



34

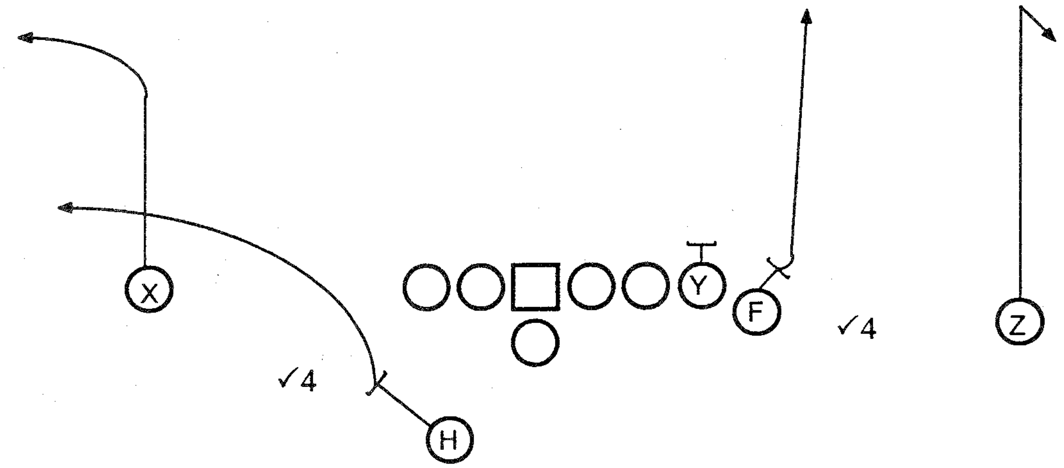


FLANK RT OTTO LT FLANK RT OTTO LT



7 H FLAT

TRIPS RT OTTO LT 7 H FLAT

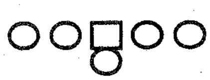


QB:

X
Y:
Z:

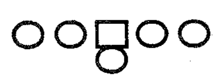
F:
H:

Notes:



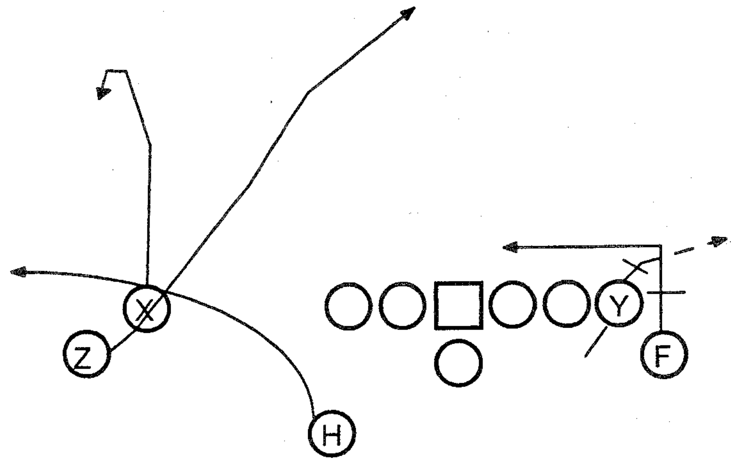






058 STOP

FLOAT RT OTTO LT 058 STOP H FLAT



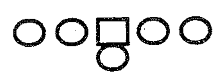
QB:

X Outside 5
Y: Check Flat
Z: Outside 8

F: Zero
H: Flat

Notes:



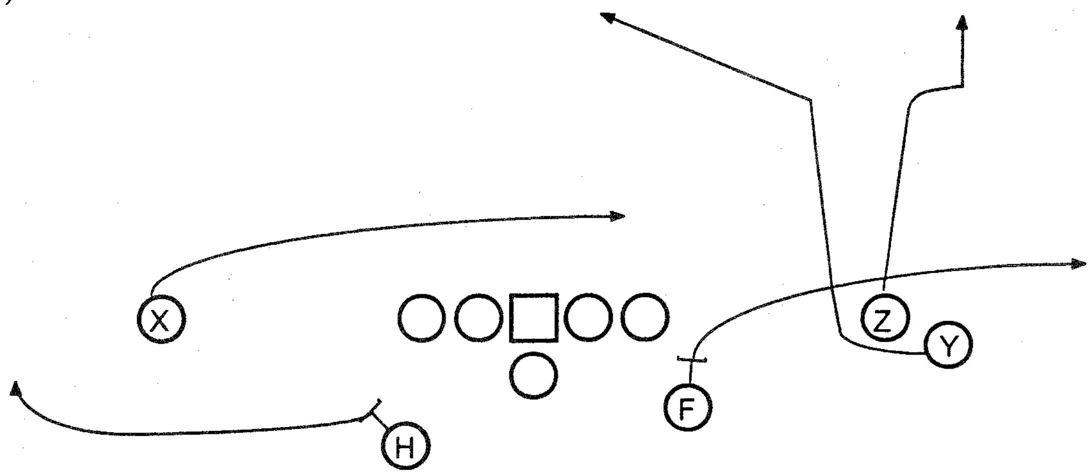


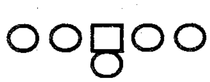




078 PUMP F FLAT

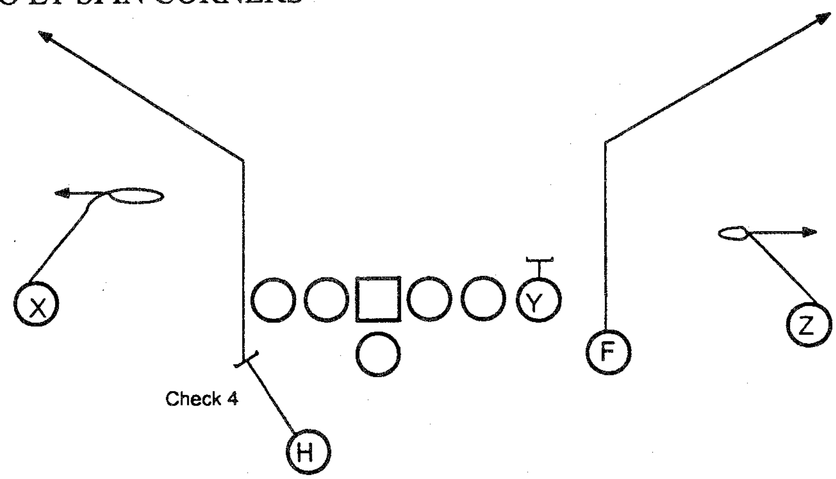
(FUZZ) BUNCH RT BRONCO RT 078 PUMP F FLAT



QB: X Y: Z: F: H:	Notes:
	

SPIN CORNERS

TRIPS RT OTTO LT SPIN CORNERS



QB:

X
Y:
Z:

F:
H:

Notes:



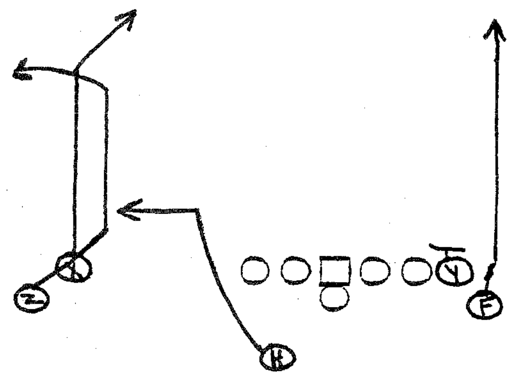






STACK PASS H OUT

FLOAT RT OTTO LT STACK PASS H OUT



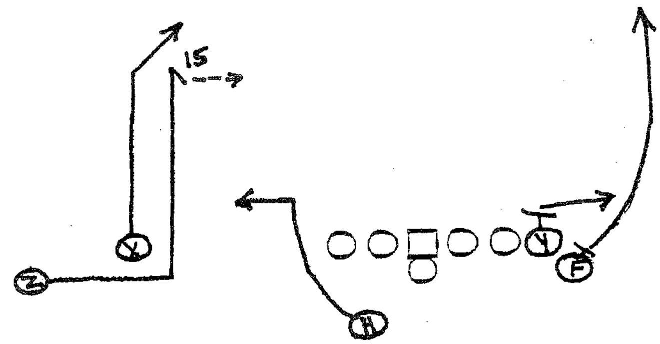
Q

X
Y:
Z:

F:
H:

TRAILER PASS

FLOAT RT ZIP OTTO LT TRAILER PASS



QB:

X

Y:

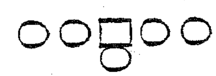
Z:

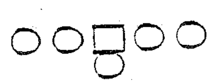
F:

H:

Notes:



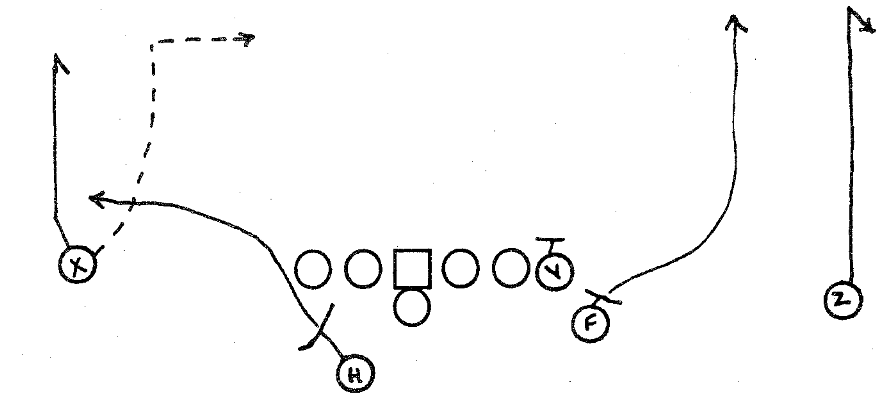






X HOOK H OUT

TRIPS RT OTTO LT X HOOK H OUT

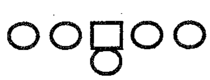


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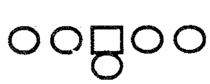
X
Y:
Z:

F:
H:

Notes:



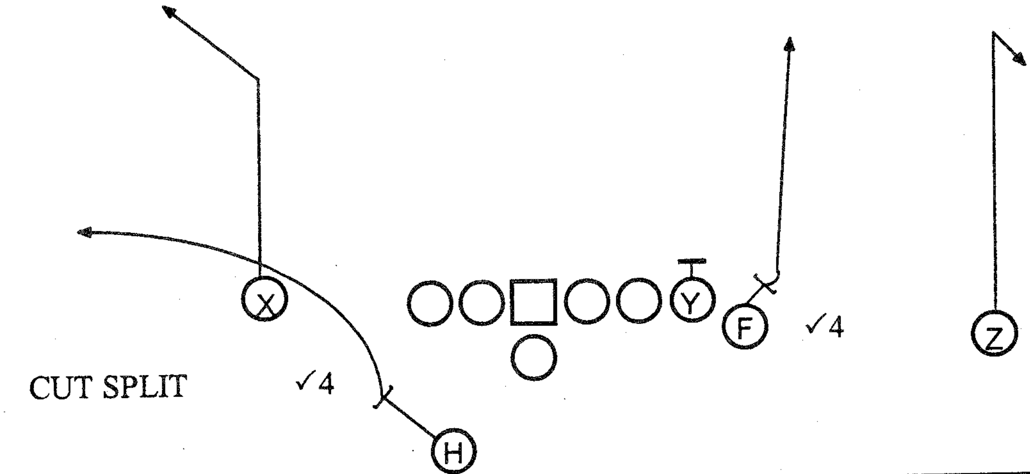






FLAG H FLAT

TRIPS RT OTTO LT FLAG H FLAT

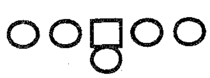


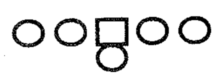
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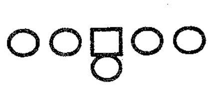
X
Y:
Z:

F:
H:

Notes:









NICKEL SCAN

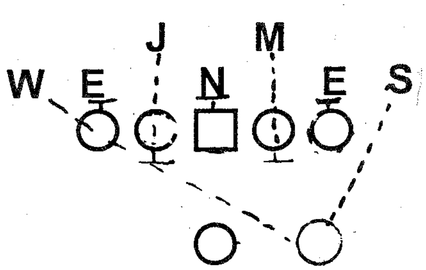
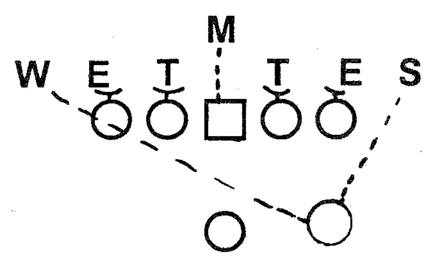
SCAN RT/LT PROTECTION

This is a 6-Man Protection. The Line and remaining back must assume the responsibility of blocking at least 6 of the 7 potential rushers. The Offensive Line will have the 4 Down and designated Backer or 3 Down and 2 Designated Backers. The remaining Back in the box has the most dangerous from his side to opposite side.

This is a Gun protection and there are no "Hard" or "Shift" calls.

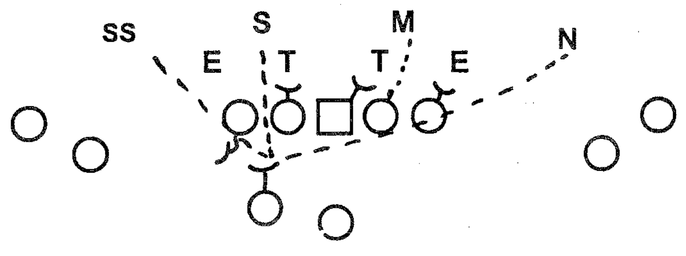
The depth of the pocket will be no deeper than 8 ½ yards.

SCAN

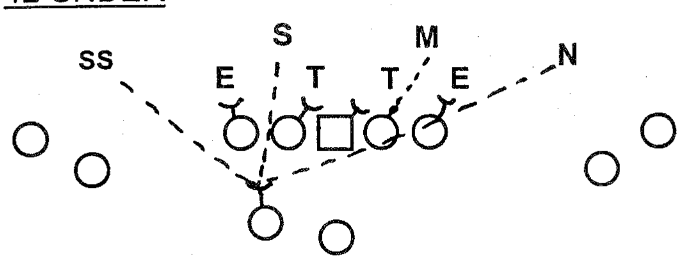
34	40
	

LASER - SCAN

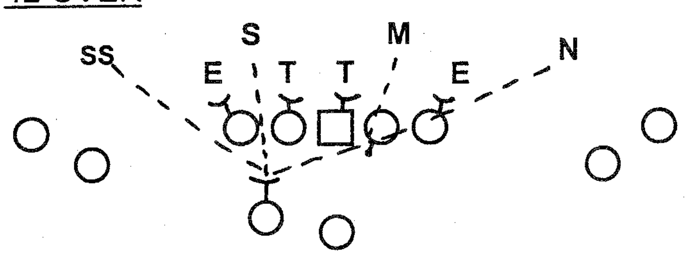
42



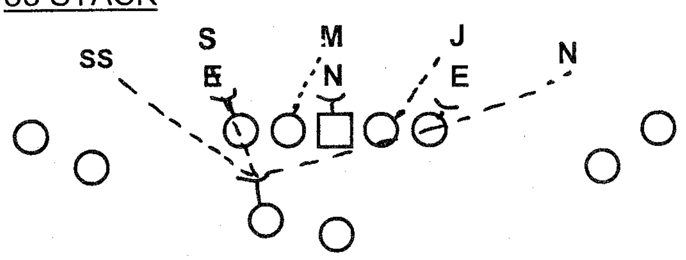
42 UNDER



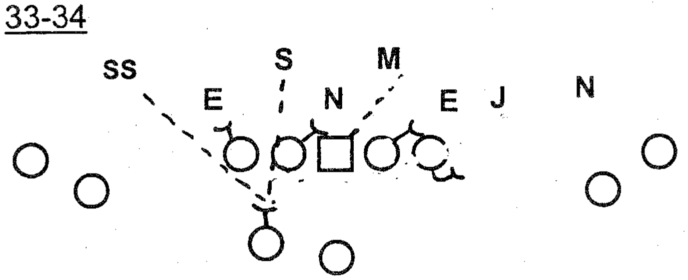
42 OVER



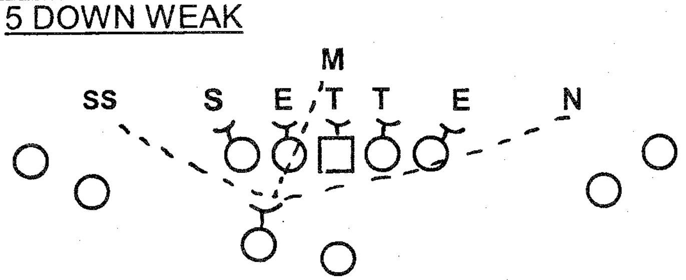
33 STACK



33-34

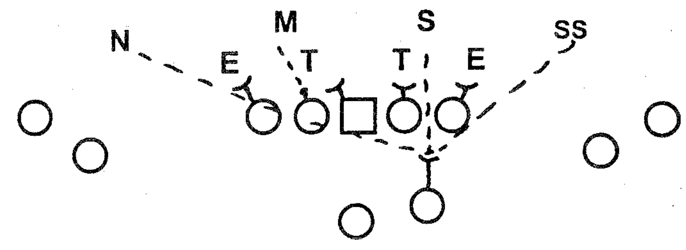


5 DOWN WEAK

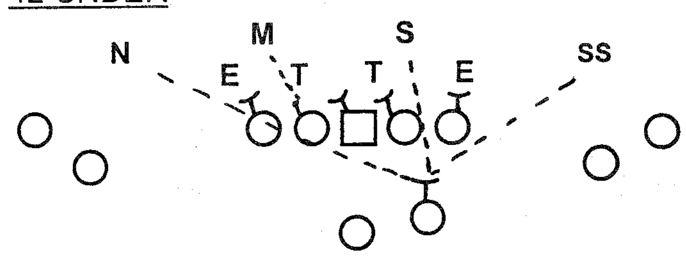


ROCKET - SCAN

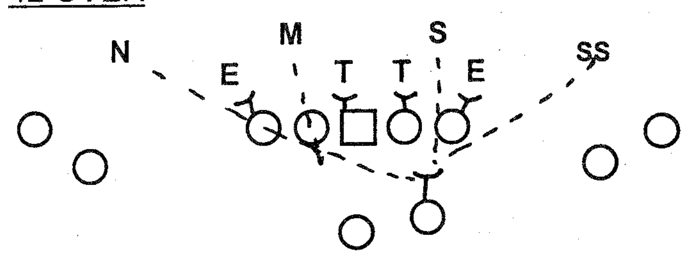
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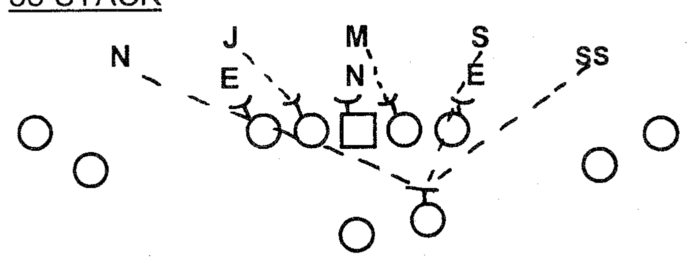
42 UNDER



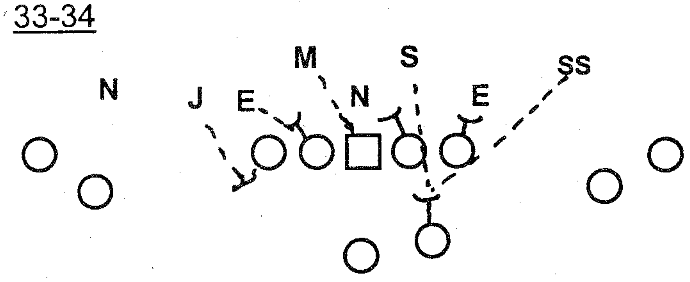
42 OVER



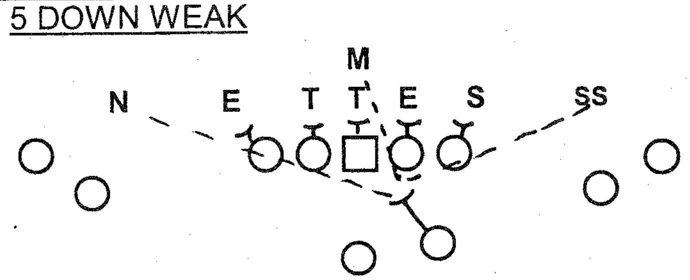
33 STACK



33-34

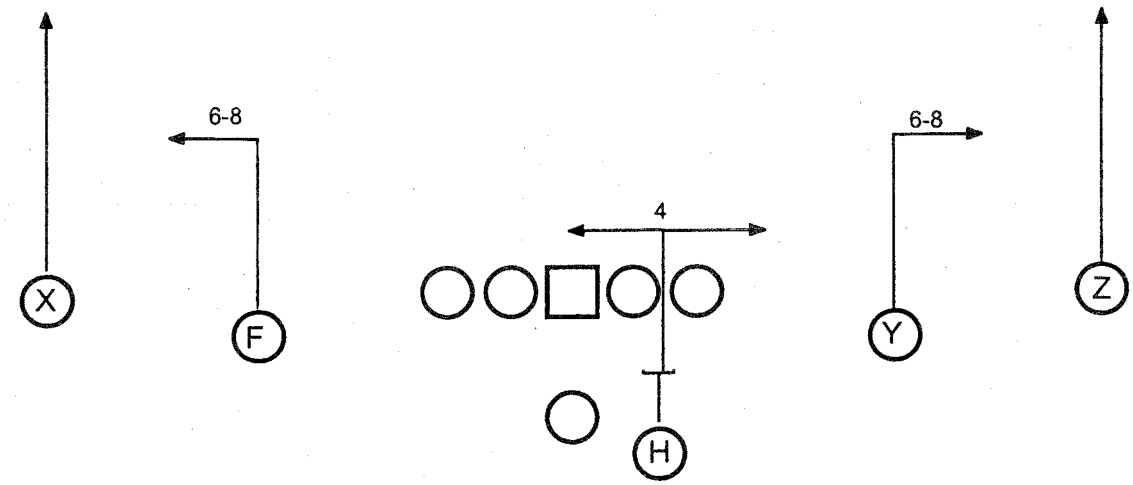


5 DOWN WEAK



BALLOON

ROCKET SCAN BALLOON



Q

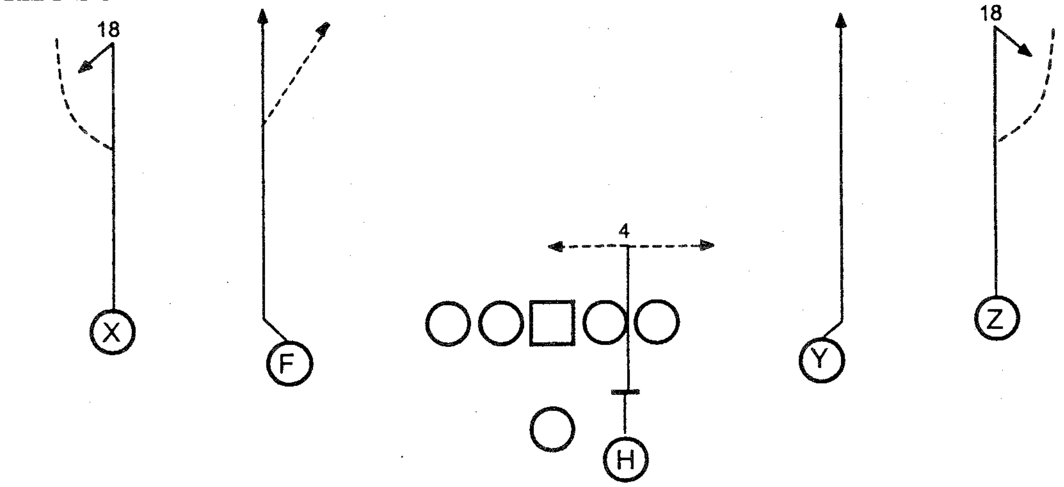
X
Y:
Z:

F:
H:

ALLEYCAT

COB

ROCKET SCAN COB



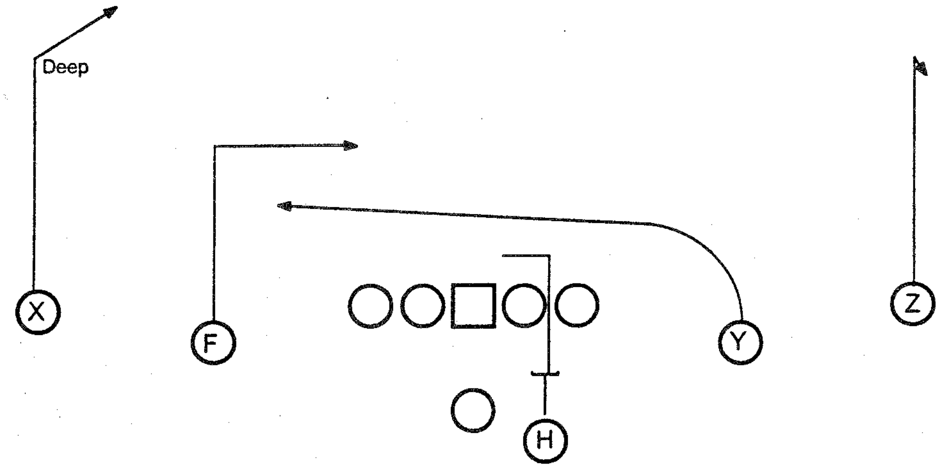
Q

X
Y:
Z:

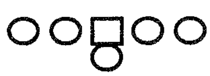
F:
H:

CROSS

ROCKET SCAN CROSS



QB: X Y: Z: F: H:	Notes:





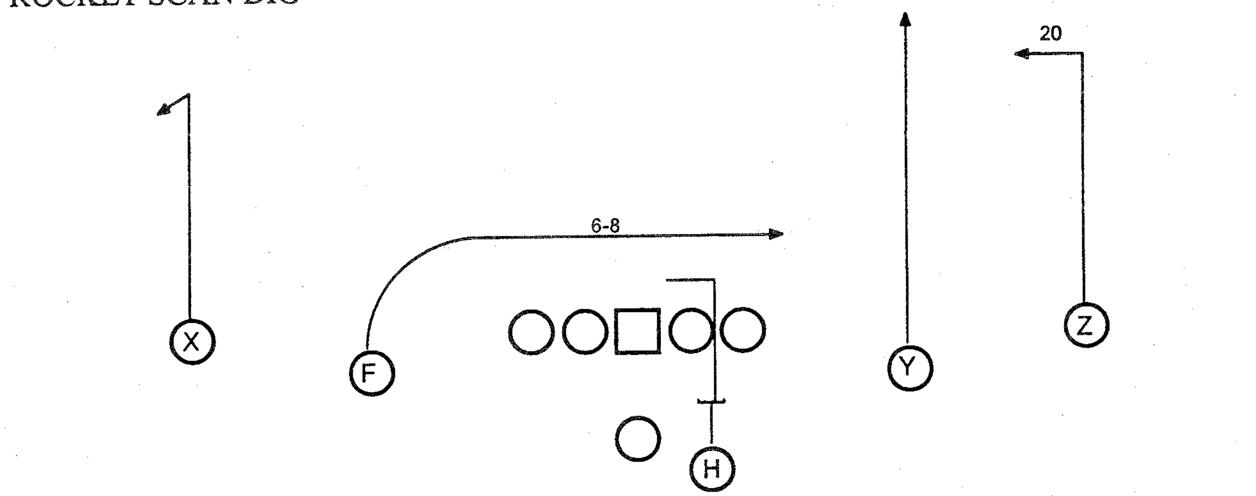




Jagger F-Slider

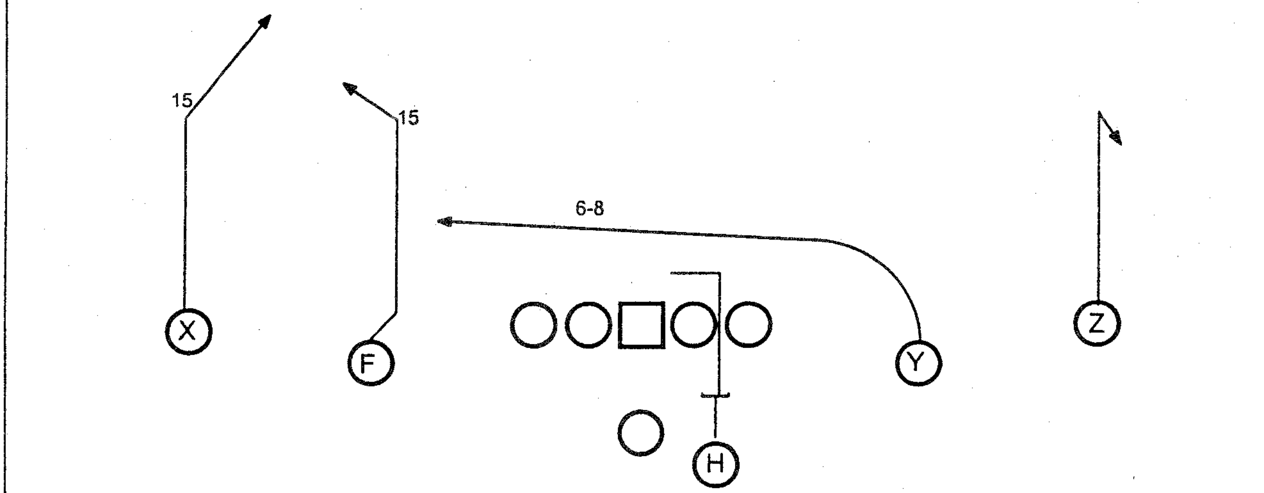
DIG

ROCKET SCAN DIG



SAIL

ROCKET SCAN SAIL



Q

X

Y:

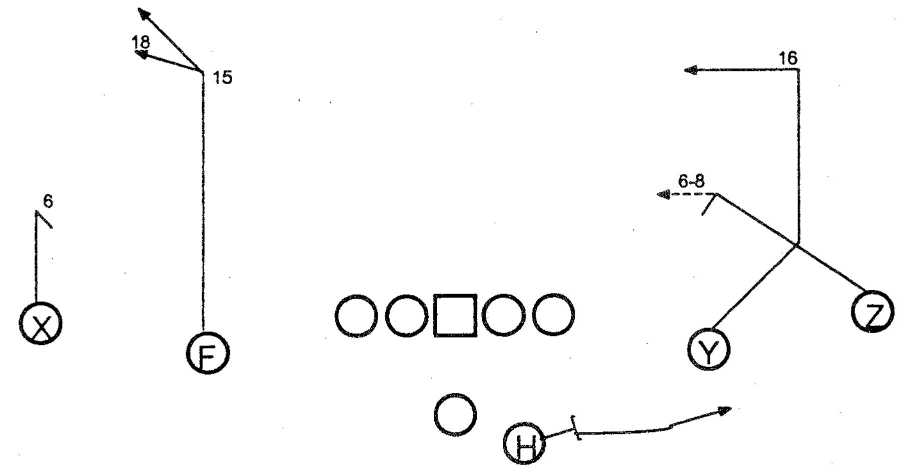
Z:

F:

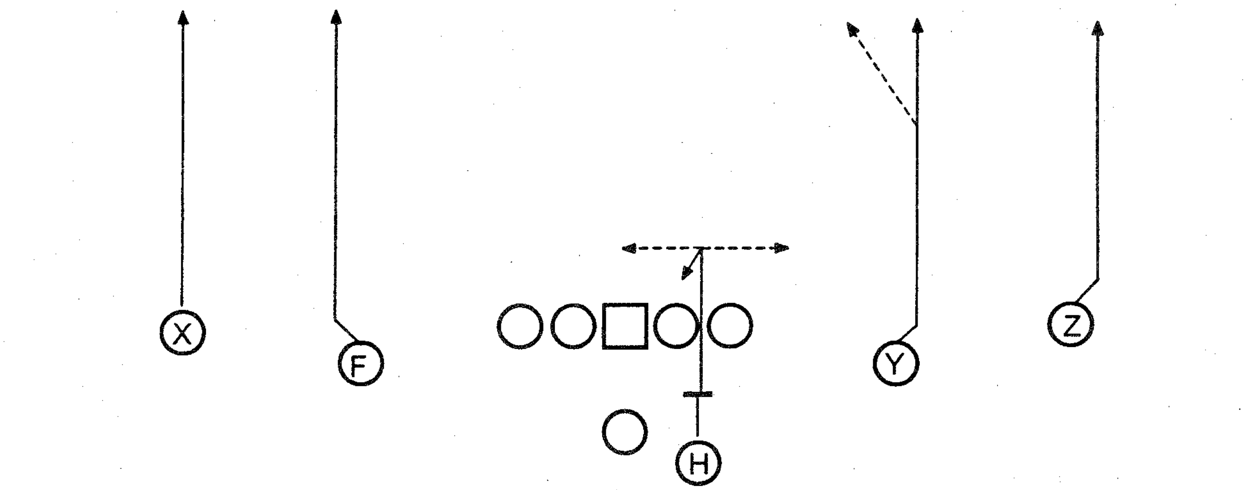
H:

SEAHAWK

ROCKET SCAN SEAHAWK



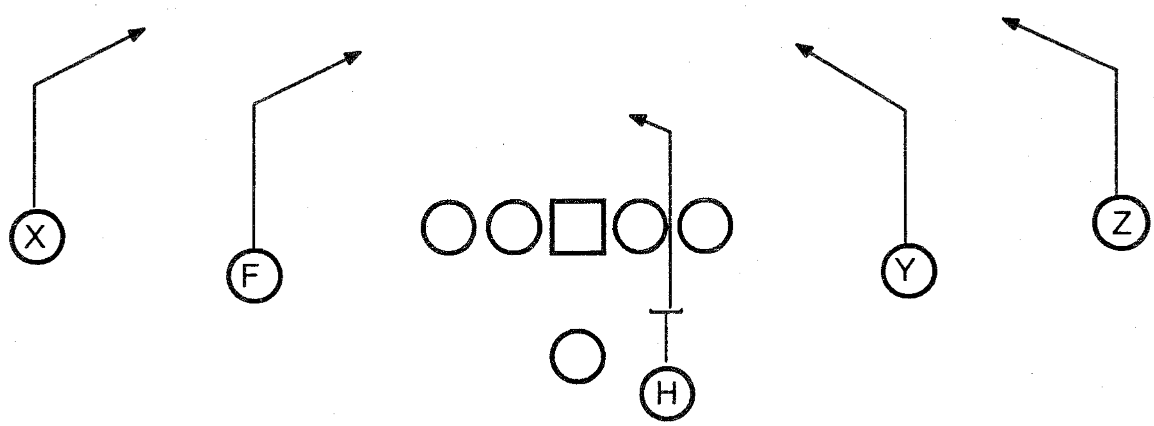
ROCKET SCAN SILVER



Q X Y: Z: F: H:	

SLICK

ROCKET SCAN SLICK



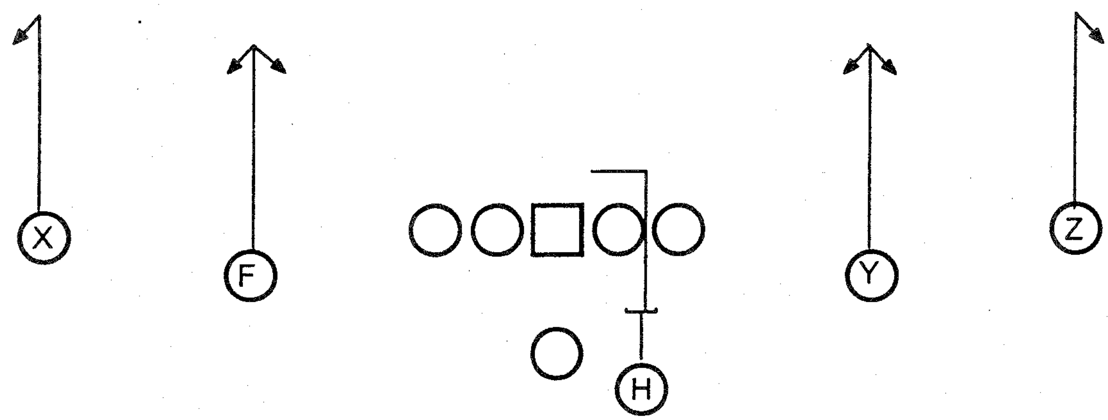
Q

X
Y:
Z:

F:
H:

STICKS

ROCKET SCAN STICKS

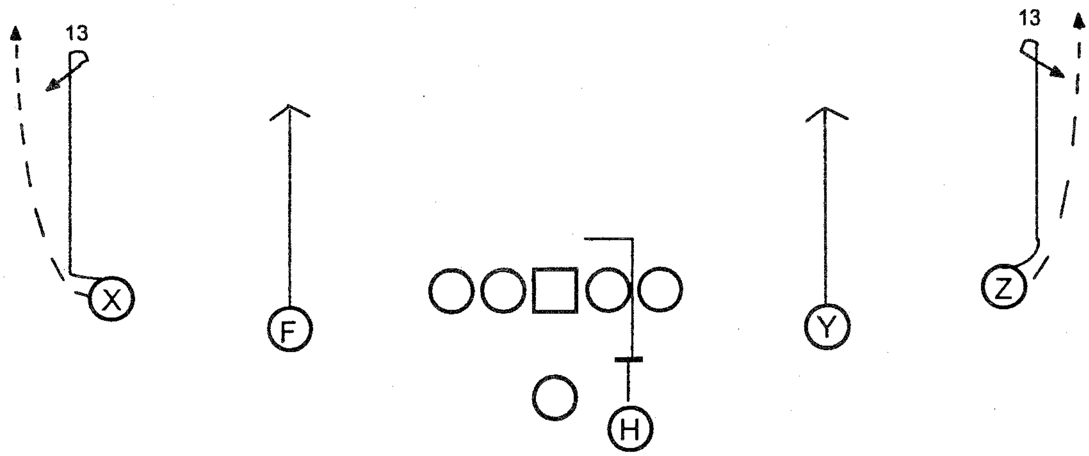


Q

X
Y:
Z: All routes 2 yards past the sticks

F:
H:

ROCKET SCAN STOP



QB:

X
Y:
Z:

F:
H:

Notes:







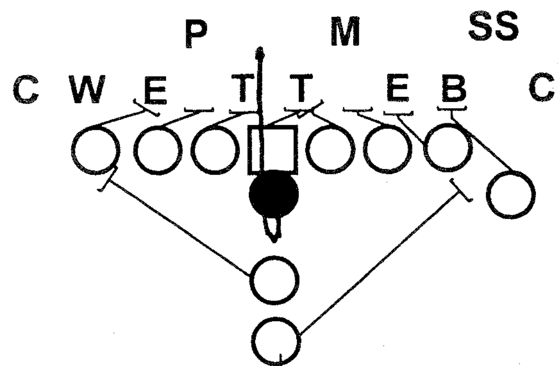


GOAL LINE RUNS

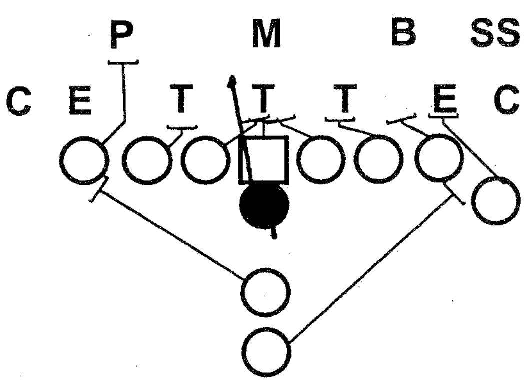
GOAL LINE

QB WEDGE

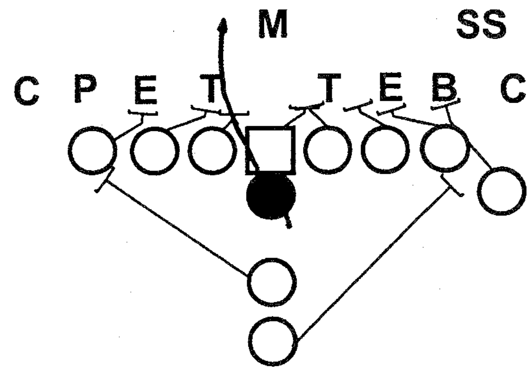
6-2



5-3



4-3

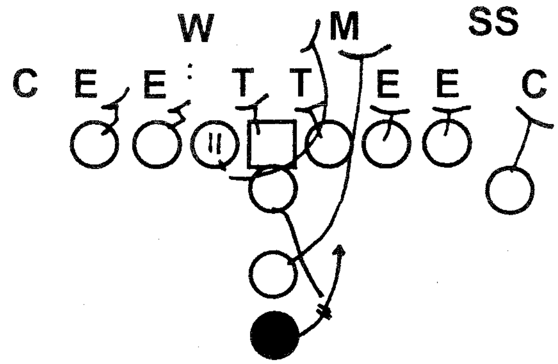


TE	6 Inch Split. Wedge.
FB	Heels at 5 yard. Block away from strong side.
RB	Heels at 5 yards. Block to strong side.
QB	Wedge to Guard Bubble.
X	6 Inch Split. Wedge.
Z	6 Inch Split. Wedge.

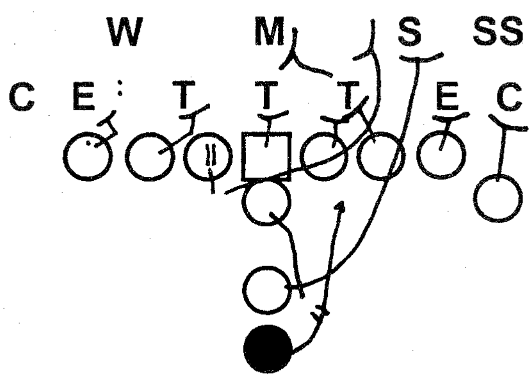
LOAD - 0 RT/LT

GOAL LINE

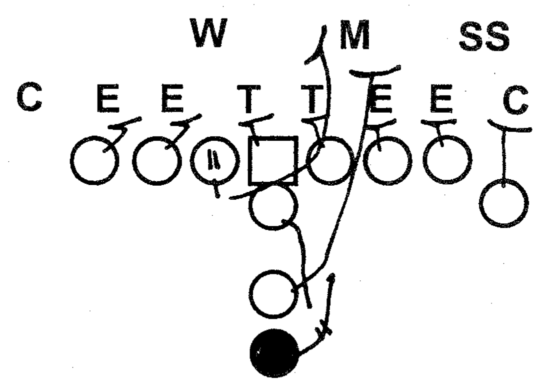
6-2



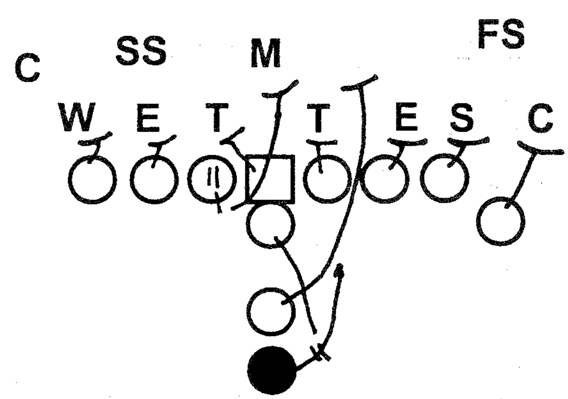
5-3



6-2 6 Gap



40 Joker Weak

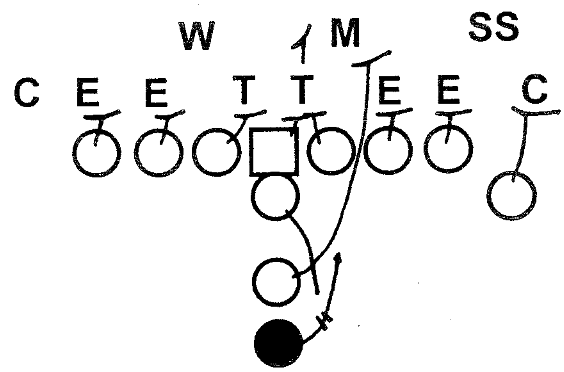


TE	Block Man On
FB	Heels at 5 yard. Roll step and block. Frontside LB'er. Target inside number.
RB	Heels at 7 yards. Roll step - Go. 2nd step is crack of PSG. Attack the bubble, hug movement press hole.
QB	Open. Take ball deep to Back.
X	Drive Base Cut-off
Z	Block 1st Force

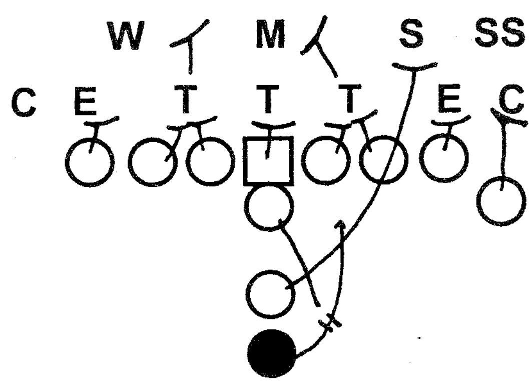
GOAL LINE

LOAD - RT/LT

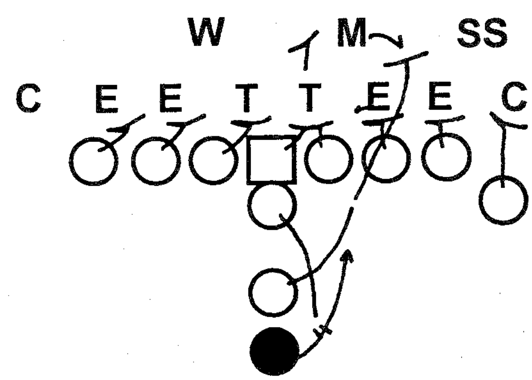
6-2



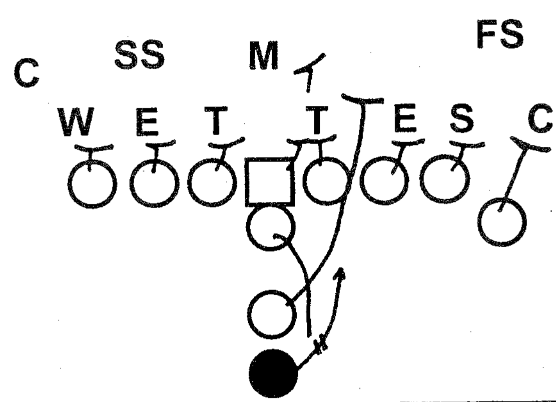
5-3



6-2 6 Gap



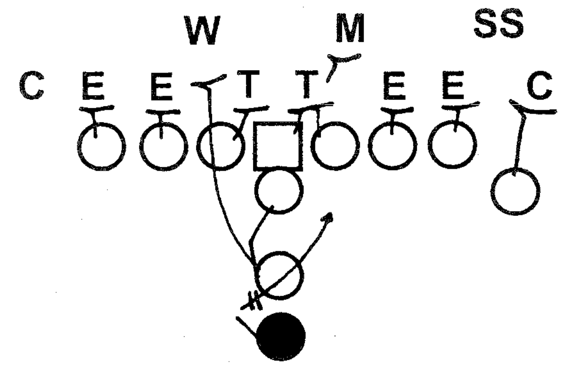
40 Joker Weak



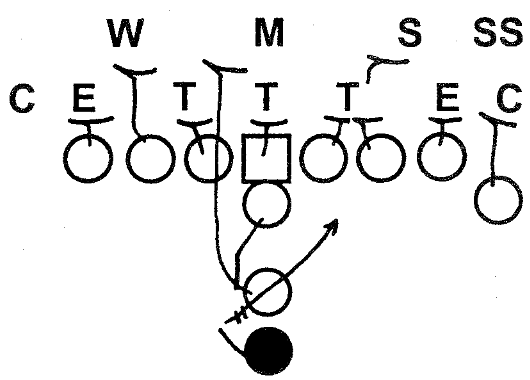
TE	Block On
FB	Heels at 5 yards. Roll step and block front side LB'er inside number.
RB	Heels at 7 yards. Roll step - Go. 2nd step is crack of PSG. Attack the bubble, hug movement, press hole.
QB	Open. Hand Ball Depp.
X	Drive Base Cut-off.
Z	Block 1st Force.

SCISSORS RT

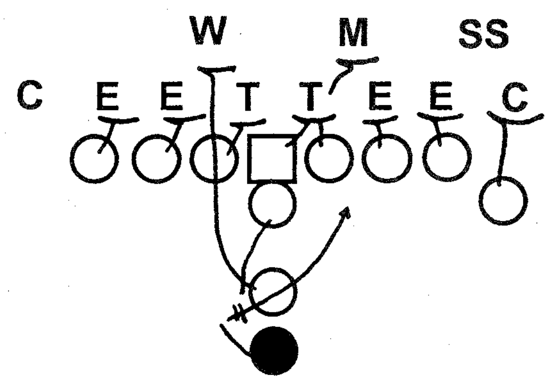
6-2



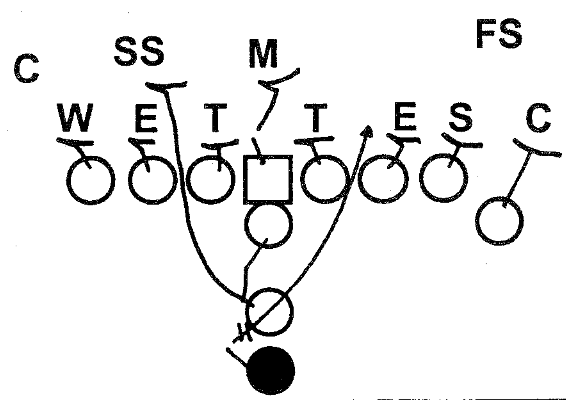
5-3



6-2 6 Gap



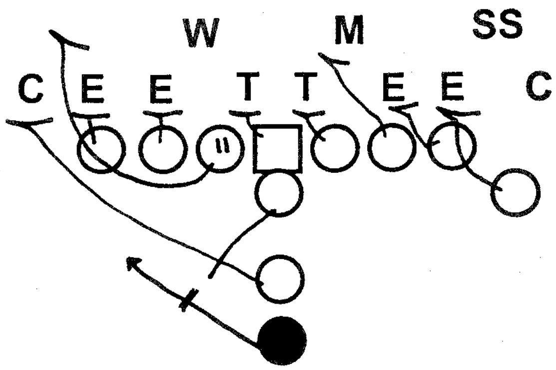
40 Joker Weak



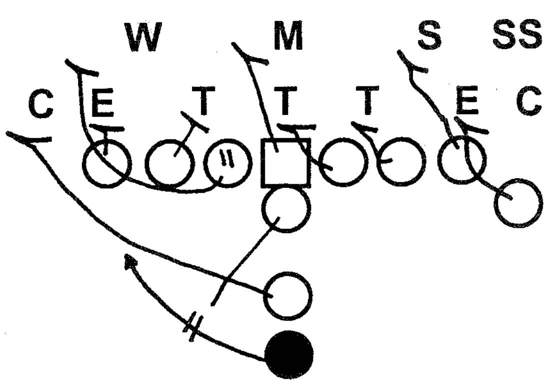
TE	Base Block On
FB	Heels at 5 yds. Open step with 1st. 2nd step is lead. Track block backside LB'er/area. Inside number target (adjust your path)
RB	Heels at 7 yards. 1st set jab, 2nd step is a short lateral cross at crack of On Guard. Under exchange. Attack th bubble or read POA
QB	Counter Handoff
X	Base Block On.
Z	Base Block 1st Force.

BLAST LT

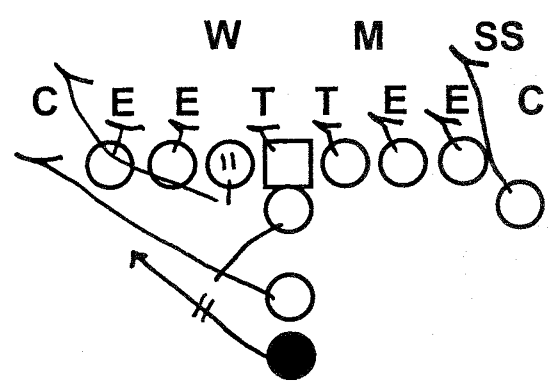
6-2



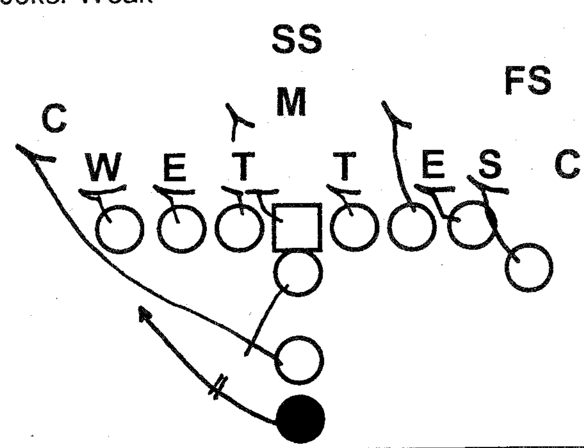
5-3



6-2 6 Gap



40 Joker Weak

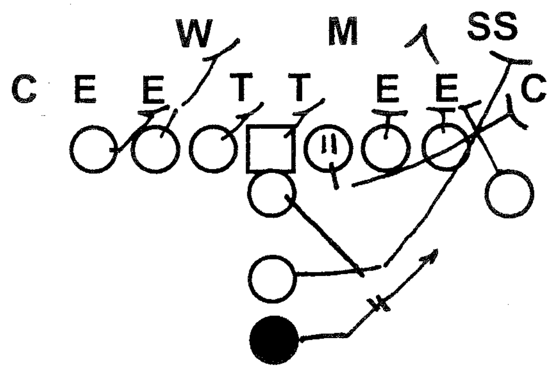


TE	Drive Base Cut-off
FB	Heels at 5 yds. Open step and attack support defender. Target is outside number. Upfield cut, backfield kickout, soft You must keep your target.
RB	Heels at 7 yds. Open step attack 1 yard deep and 3 yds. outside TE alignment. Stay on course and run until somethin crosses your face. Then take north south break.
QB	Open. Hand ball depp.
X	Base block on.
Z	Rip Cut-off

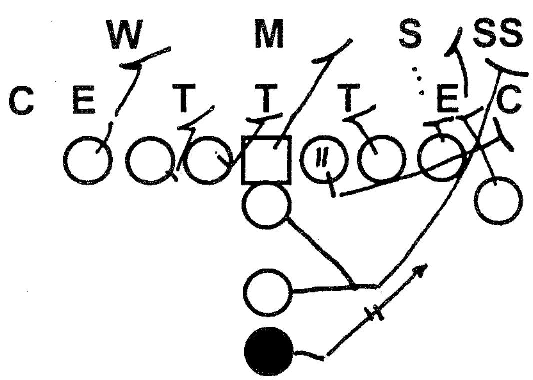
CLUB G RT

GOAL LINE

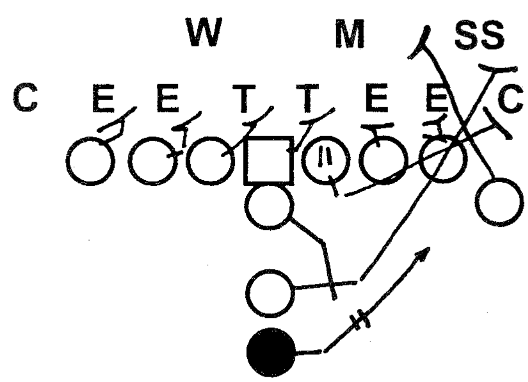
6-2



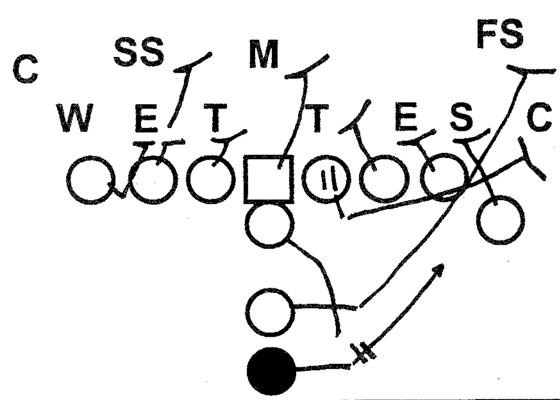
5-3



6-2 6 Gap



40 Joker Weak



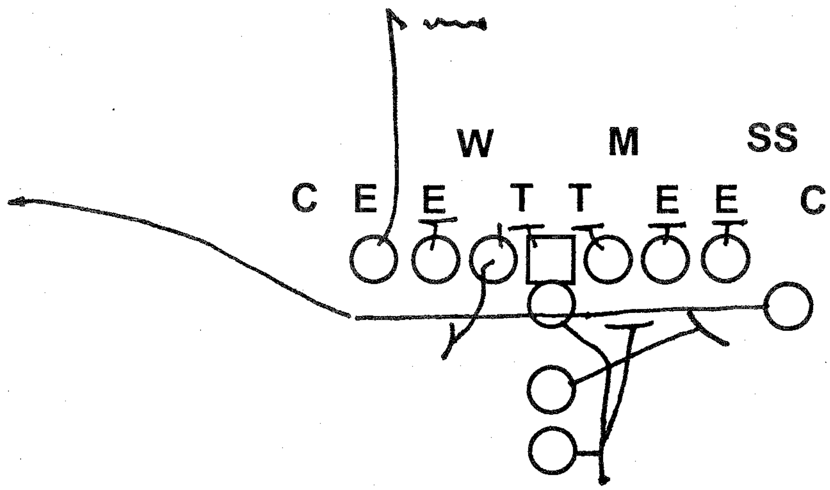
TE	Team Wing. Alert Gap.
FB	Heels at 5 yards. Boss Block.
RB	Heels at 7 yds. 1st step is Open, 2nd step is downhill at inside leg of TE. Stay on course and run until somethin crosses your face.
QB	Open. Hand ball deep.
X	"Plug"
Z	Team with TE. Alert "Gap"

GOAL LINE PASSES

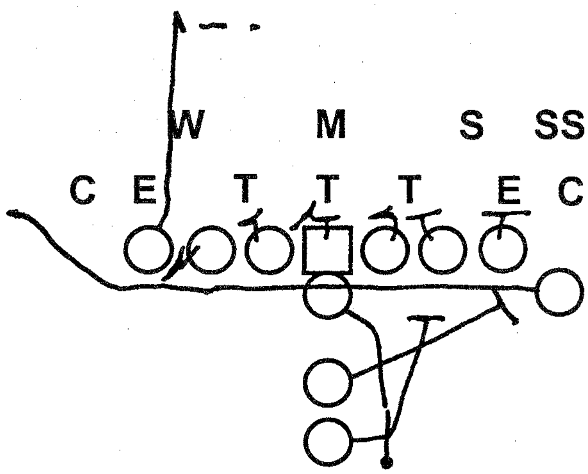
SUBMARINE PASS RT

GOAL LINE

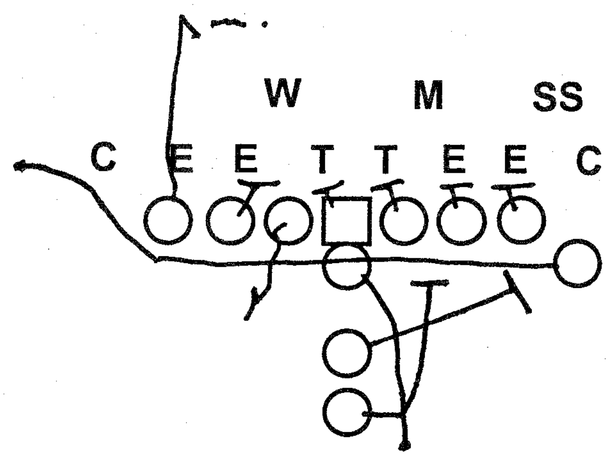
6-2



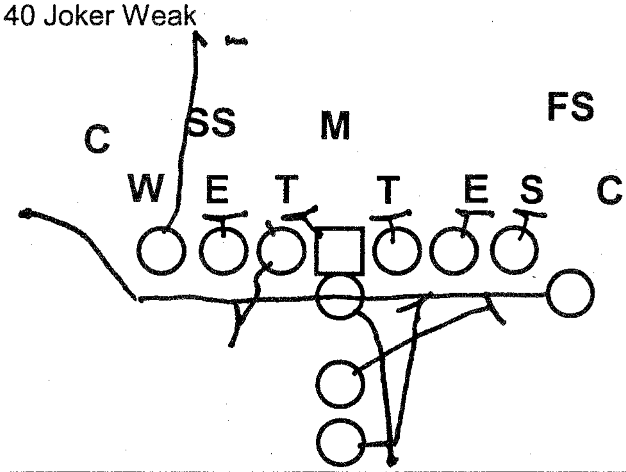
5-3



6-2 6 Gap

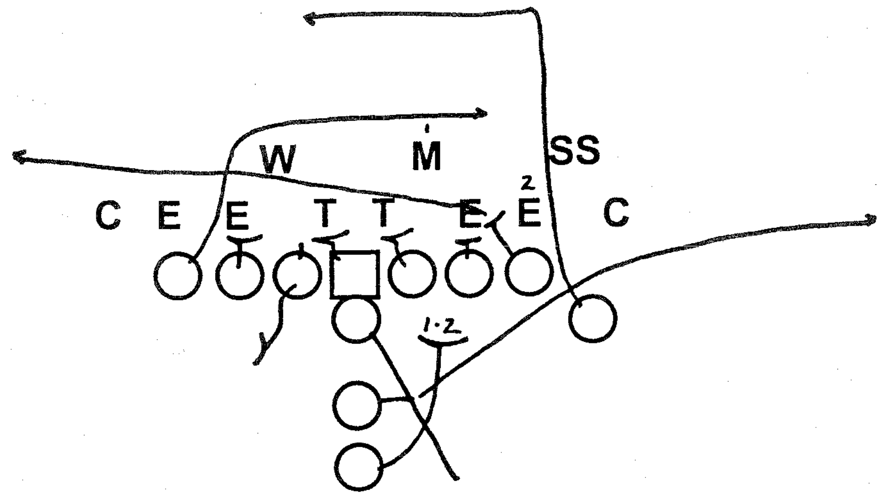


40 Joker Weak

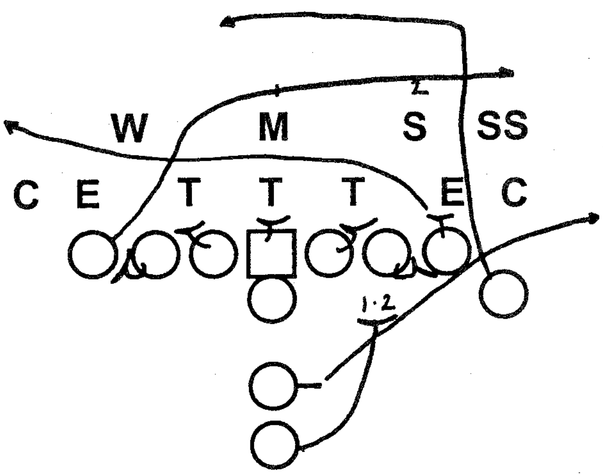


Y	Block man on.
X	Release inside Run route verticle to 2 yds. short of End Zone. Curl in, keep alive along back line.
FB	Fake Act 2 - Block 1st Defender outside TE area
RB	Run hard play fake Act 2 - Block 1st ILB'er.
Z	Run behind LOS. Negotiate end of line get into EZ
QB	Run hard play fake Act 2. Z to X or away.

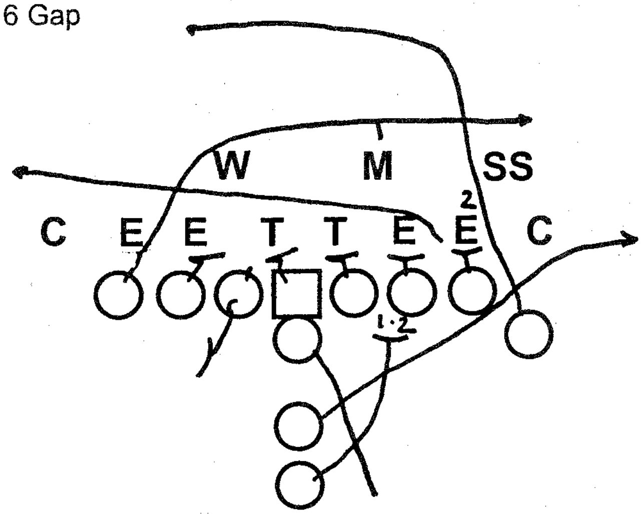
6-2



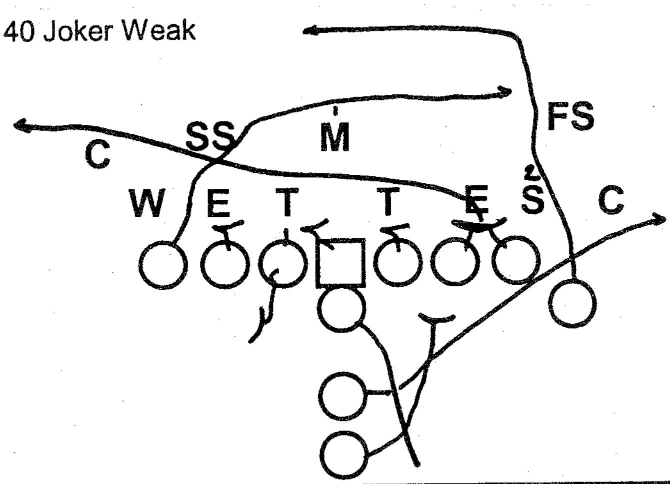
5-3



6-2 6 Gap



40 Joker Weak

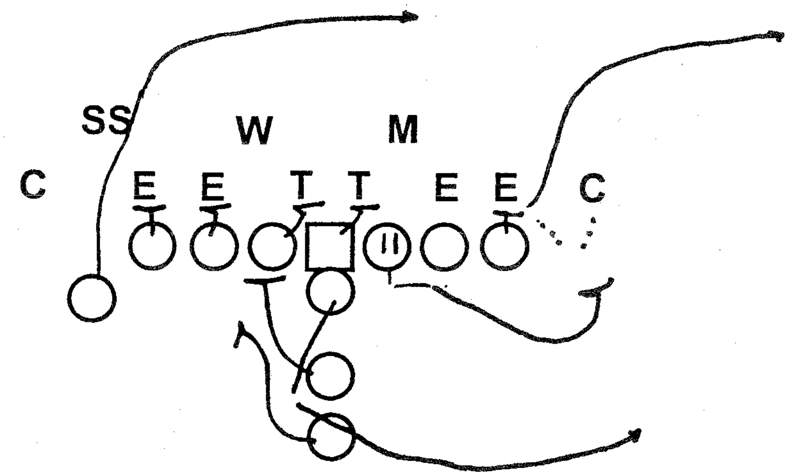


QB	Read F Hot, to Y & X, Find Z.
RB	Fake. Block Dual. 1st ILB'er to EMOL
FB	Run Slant Angle. Release to Route.
Y	Fake run with Tite inside release, Cross at 2 or 3 build to 5 yards.
X	Run Cross at 5 to 8 yards. Look for Rub opportunity.
Z	Climb to End Line minus 2 yard, Cross if open settle.

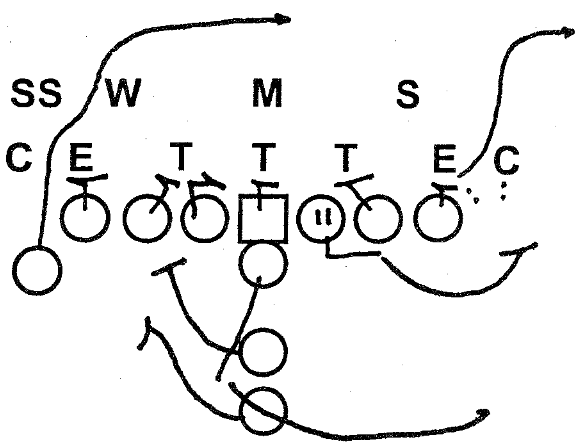
FAKE LEAD LT WAGGLE RT X-7

GOAL LINE

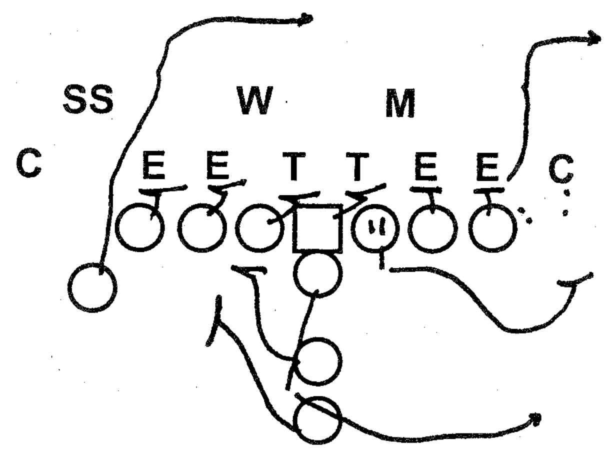
6-2



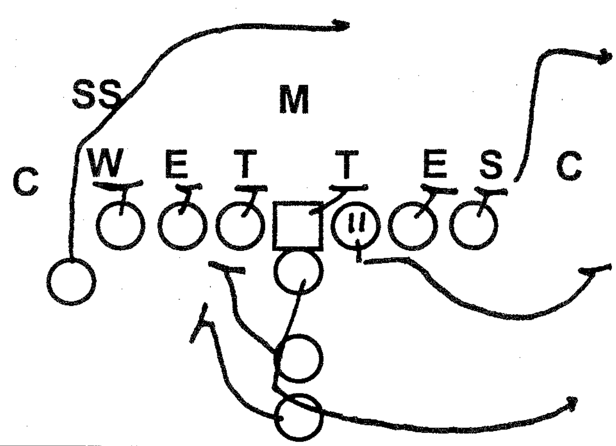
5-3



6-2 6 Gap



40

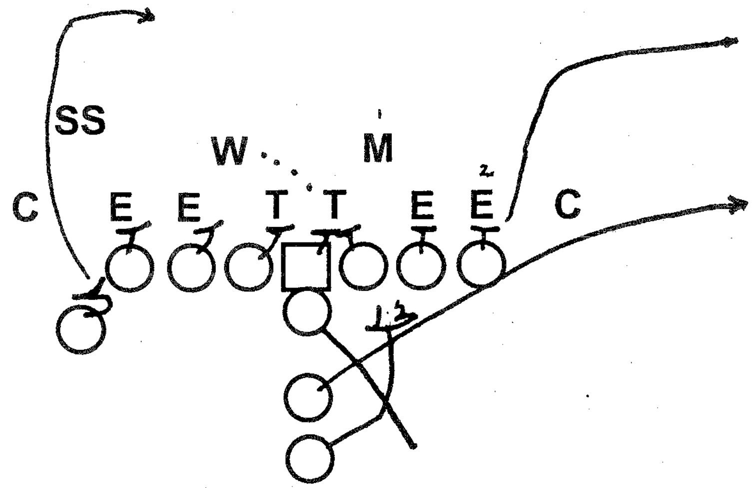


QB	Read X to Z, stay on move for run option.
Ball Carrier	Heels at 5 yards. Open step, lead with 2nd. Lead Draw action.
Back	Heels at 7 yards. Open step, 2nd step is at crack of Off Guard. Lead Draw action.
Y	Block EOL
X	Drive release, run 7 at back pylon.
Z	Inside & Run 4 along End Line minus 2 yards, stay on move.

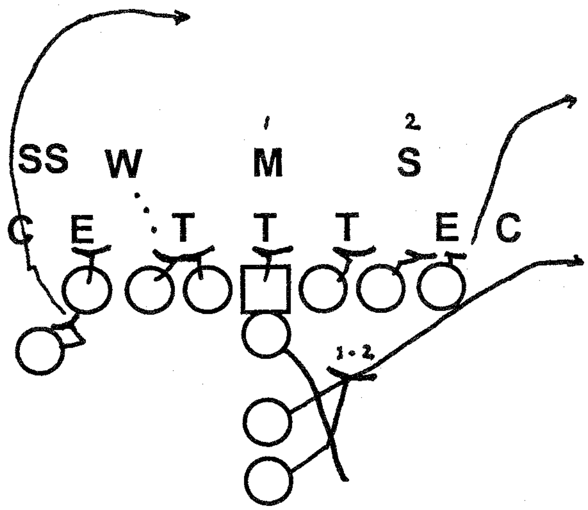
TURN 2 HOT RT X-7 F FLAT

GOAL LINE

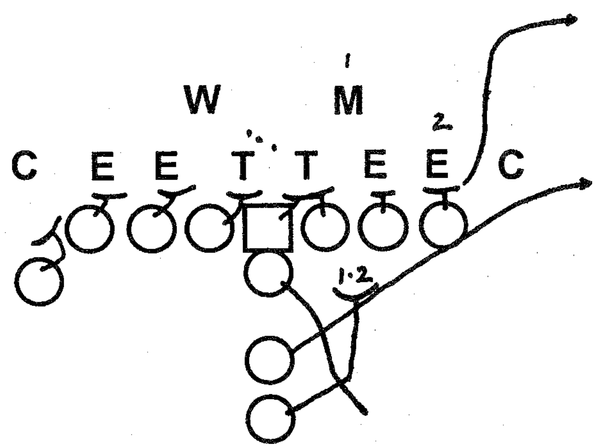
6-2



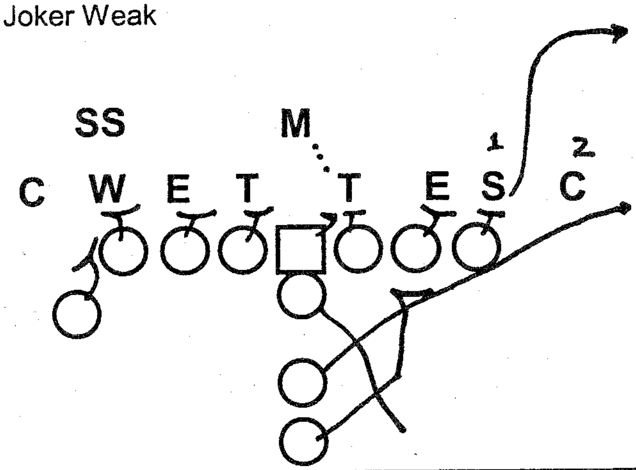
5-3



6-2 6 Gap



40 Joker Weak



QB	FB Flat to Y or Z
Ball Carrier	Slant angle dual 1st ILBR to EMOL
FB	Slant angle release flat.
Y	Block Man over.
X	Slam man over, run 7
Z	Block Dog, run 7

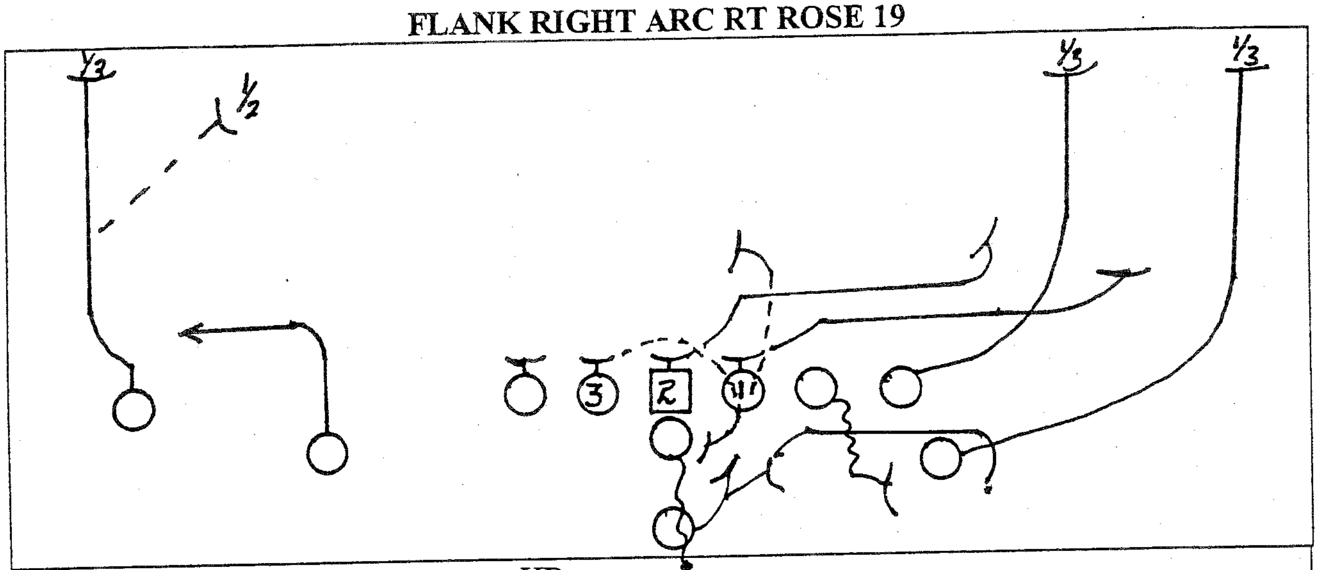
TWO MINUTE

TWINS	
CAMPO	(QB SNEAK)
20/30	(BRUSH)
40/50	(GUT)
60/70	(OUTSIDE)
44	(BRONCO 844 LUCKY/RICKY)
85	(BRONCO 585) POSSIBLE STUTTER) (READ)
89	(BRONCO 989 F RUB SNK
PATRIOT	(BRONCO PATRIOT)
SCAT (EVEN-ODD) 25	(525 F POST)
SCAT (EVEN-ODD) PANTHER	(339 F 3 DRAG)
ARC (EVEN-ODD) 96	(396 F FLAT)
COBRA (EVEN- ODD) 91	(QK ARC 191 RUN IT F SEAM)
ARC (EVEN-ODD) T-SILVER	(T-SEAMS)
DOUBLE	
CAMPO	(QB SNEAK)
20/30	(BRUSH)
40/50	(GUT)
60/70	(OUTSIDE)
SCRAM (EVEN-ODD) 39	(839 H FLAT DRAG)
SCRAM (EVEN-ODD) 35	(835 H CROSS OUT)
SCRAM (EVEN-ODD) 66	(666 F POST SWING)
ARC (EVEN-ODD)16-17	(616-717 F FLAT
ARC (EVEN-ODD) SILVER	(SEAMS)
COBRA (EVEN-ODD) 22	(QK ARC 222 F SLANT)
SCAT (EVEN-ODD) COWBOY	(Y OPTION 5 – 18)
MISSILE	(CHARLIE ALL GO)
MISSILE IN	(CHARLIE #1 IN)
MISSILE OUT	(CHARLIE #3 OUT)

SCREENS

Page

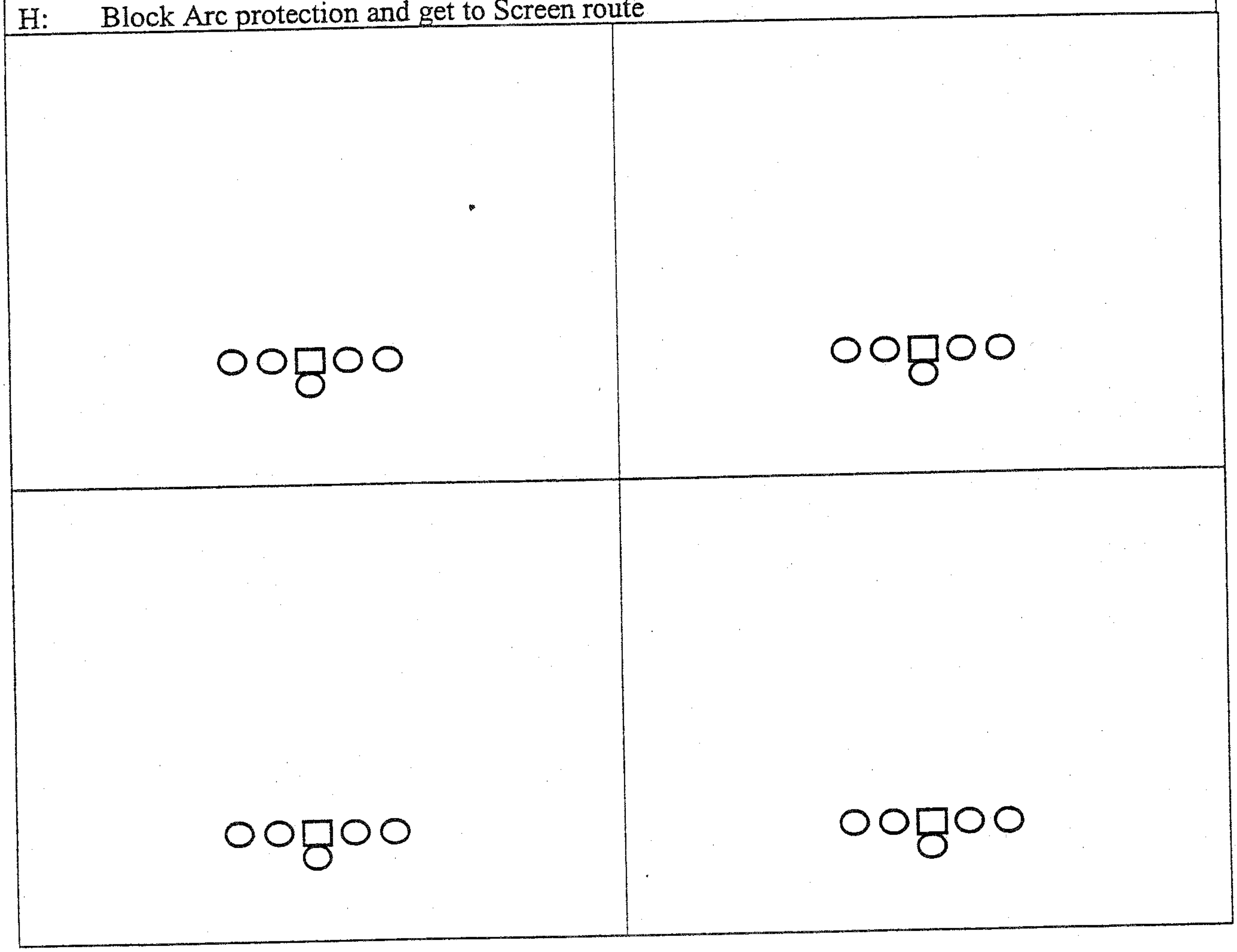
FLANK RIGHT ARC RT ROSE 19



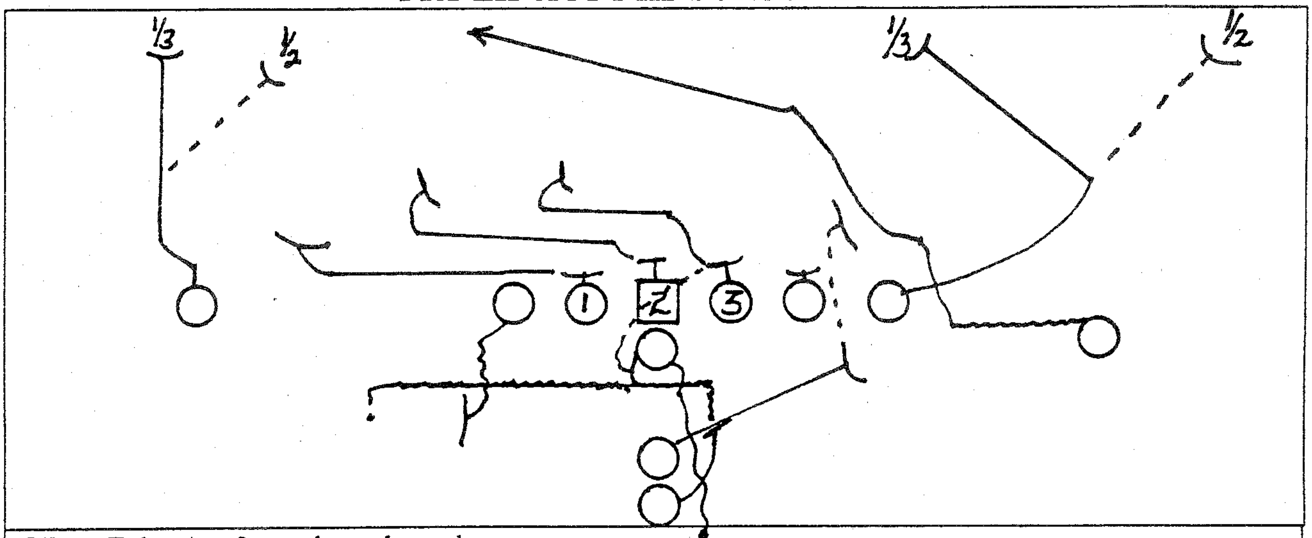
QB: 5 Step drop, bail and screen to HB

X Run Go route and block deep 1/3 vs. man (same); vs. C2 block deep ½ Safety. Outside release
Y: Block Deep middle 1/3
Z: Run Teen route, turn to block if you don't get the ball.

F: Release with width and block deep 1/3
H: Block Arc protection and get to Screen route



I RT ZIP ACT 2 HB SCREEN LEFT



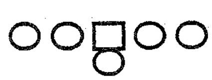
QB: Fake Act 2, settle and get deep.

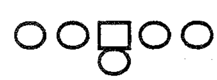
X Block deep 1/3, vs. C2 outside release, block deep ½
Y: Block deep man your side ½ to 1/3. Vs. Man run off and block
Z: Run 2 Route, look for middle Safety or Mike LB.

F: Block Act 2, if SLB drops, release up field, set up to block him as he comes to ball.
H: Block Act 2, if MLB dogs, bang and get screen.

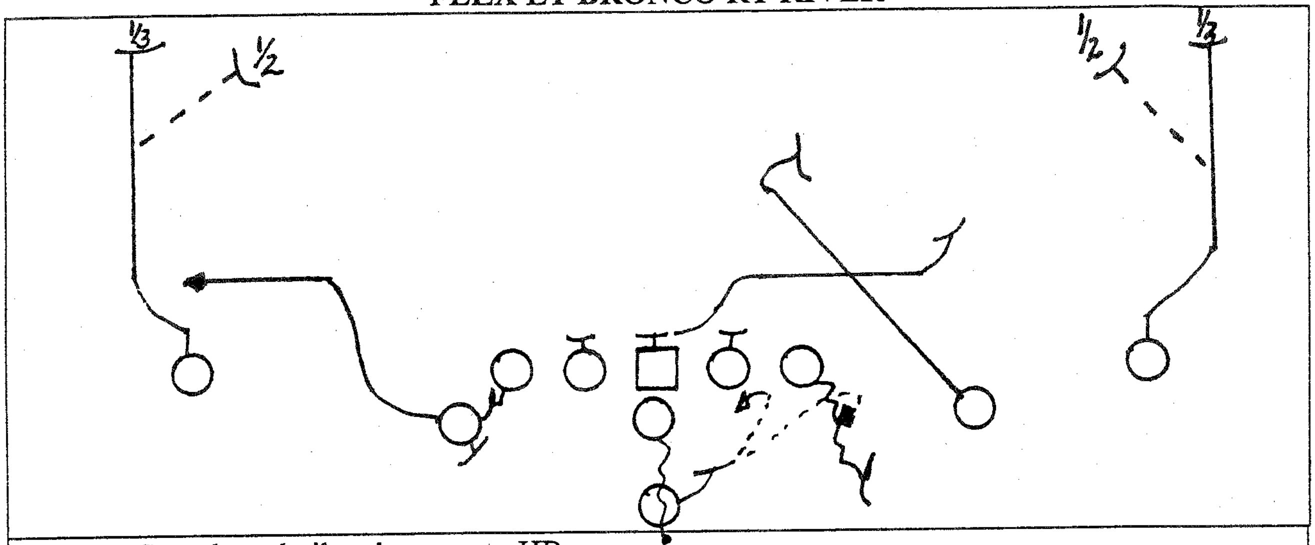








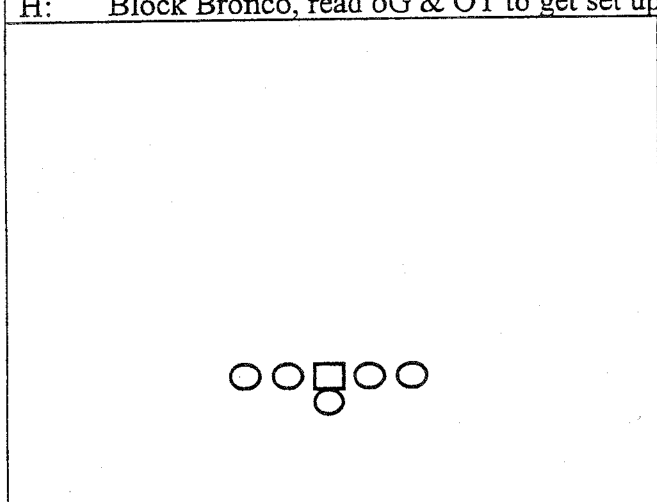
FLEX LT BRONCO RT RIVER

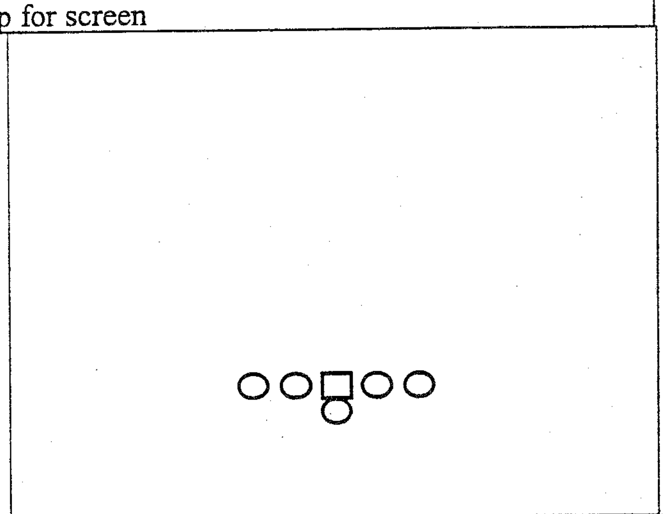


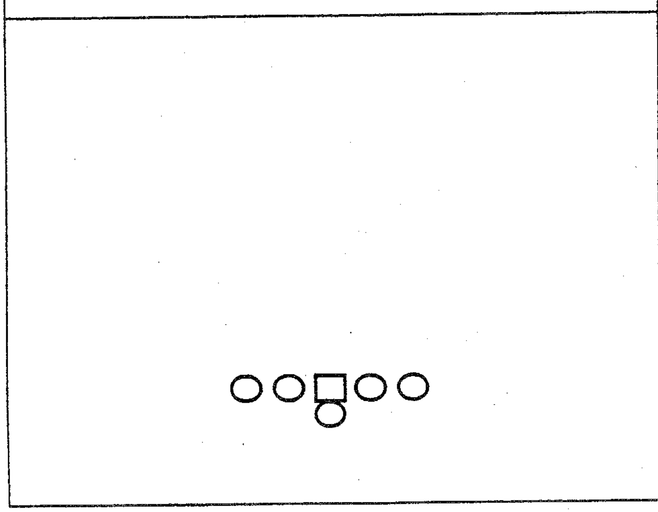
QB: 5 Step drop, bail and screen to HB

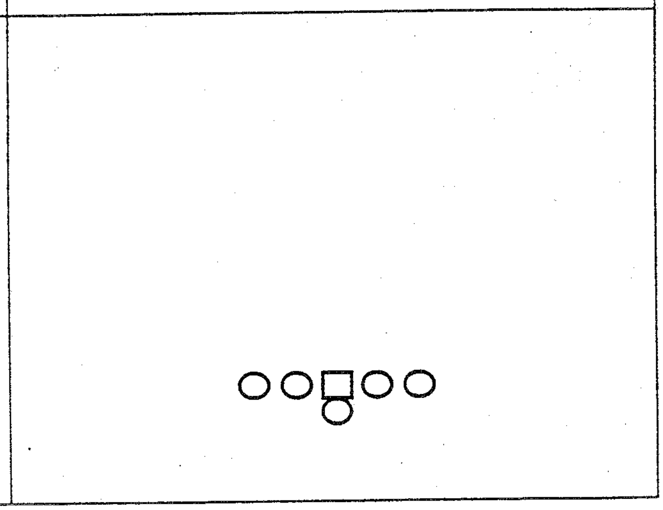
X Block deep ½ vs. c3, vs. 2 outside release block deep ½ Safety, vs. Man block man over
Y: Block Bronco, Run 3 routes, 6 to 8 yards
Z: Block weak side LB after running inside 6 route.

F: Block deep 1/3 vs. C3, vs. 2 outside release block deep ½ Safety, vs. Man block man over
H: Block Bronco, read oG & OT to get set up for screen



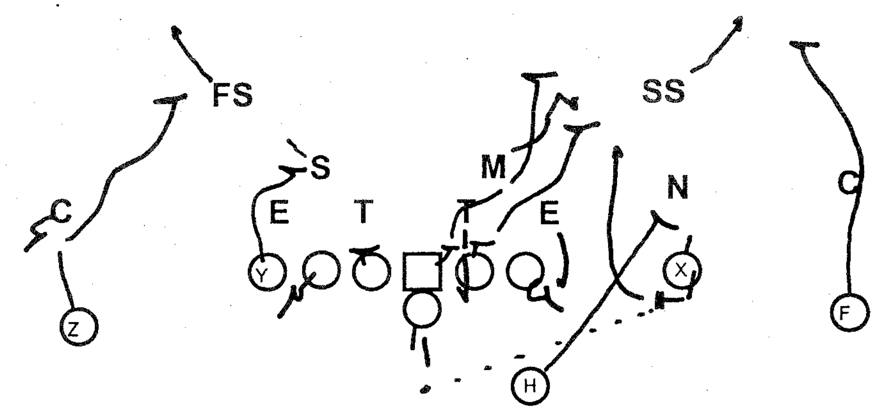






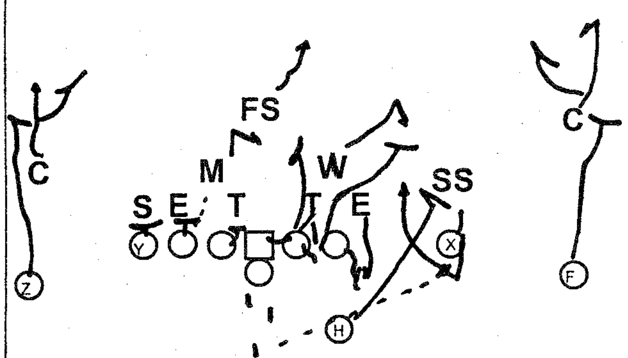
IRISH SCREEN

4-2

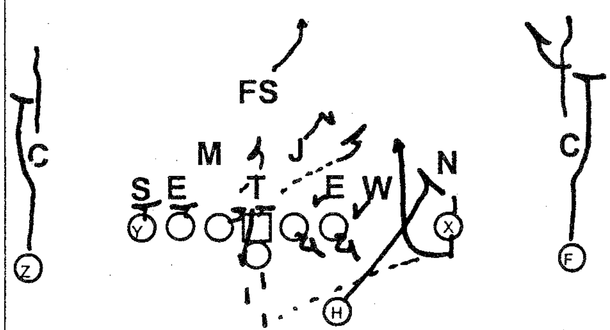


QB:	3 Step drop, throw to screen receiver on up field shoulder.
X	Screen Receiver: Sell release only two steps, 1 yd, get back behind LOS 1 or 2 yds., come under control for reception, look for up hash break and be a runner.
Y:	Release: Block Sam Hang or Out:
Z:	Block Deep Man my side.
F:	Release, Block Man my side.
H:	Release block Man on or in coverage on screen receiver X.

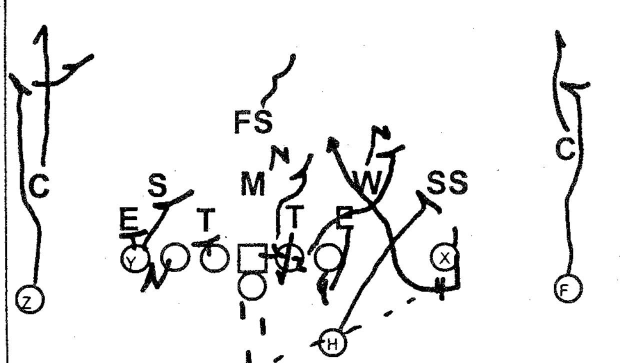
Under Wink



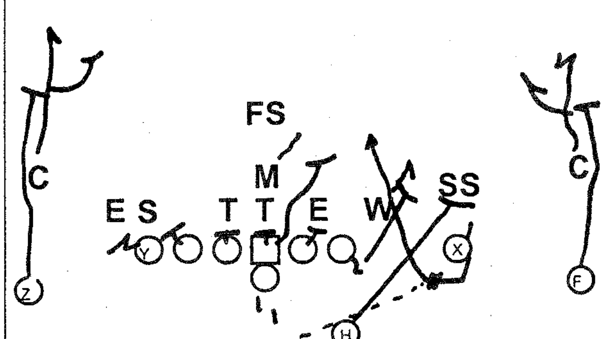
3-4



40 – Dink

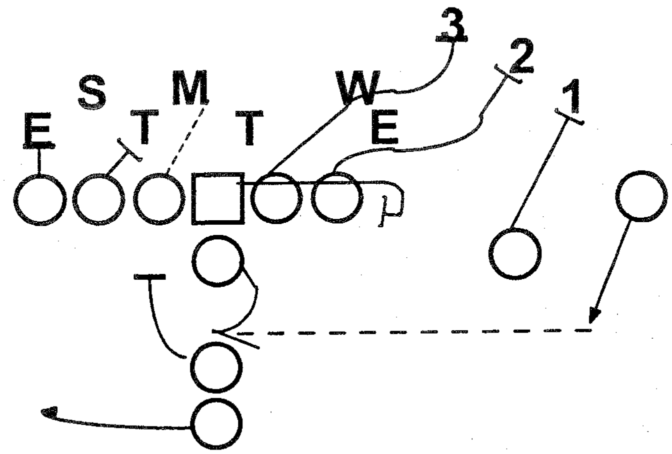


Bear

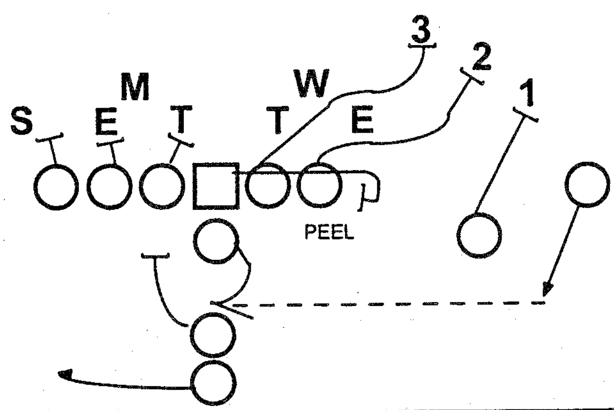


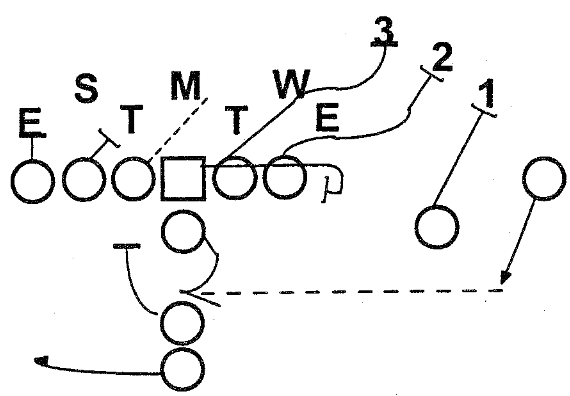
FAKE PITCH QK SCREEN TO X

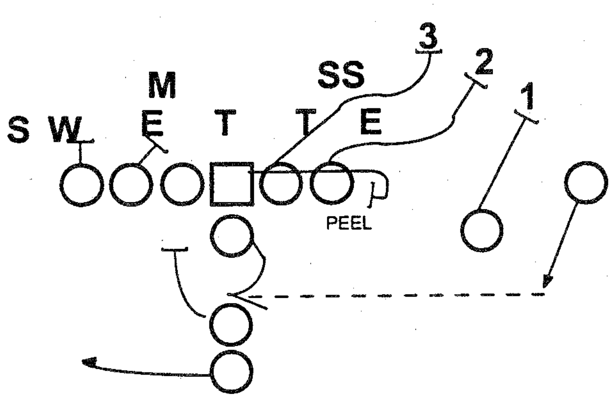
FAKE PITCH QK SCREEN TO X

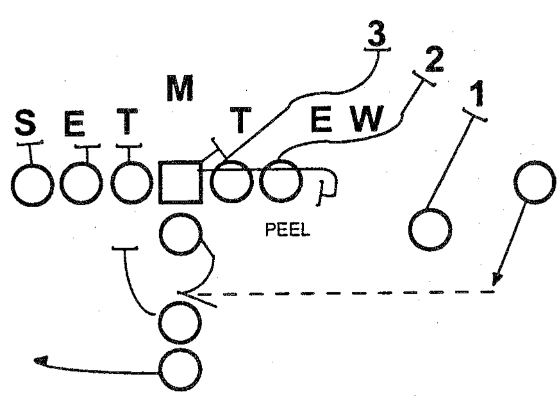


QB: FAKE PITCH THROW TO X X RECEIVE BALL & GET INTO SCREEN Y: BLOCK PROTECTION Z: BLOCK #1 F: BLOCK PROTECTION H: FAKE PTICH	Notes: 2BK & TE – FB CH 3 PROTECTION 1 BK & BE – CH 3 PROTECTION 1 BK NO TE – ARC LT PROTECTION NO BK & TE – ARC LT HOT PROTECTION OFF GUARD – ALERT "HARD"



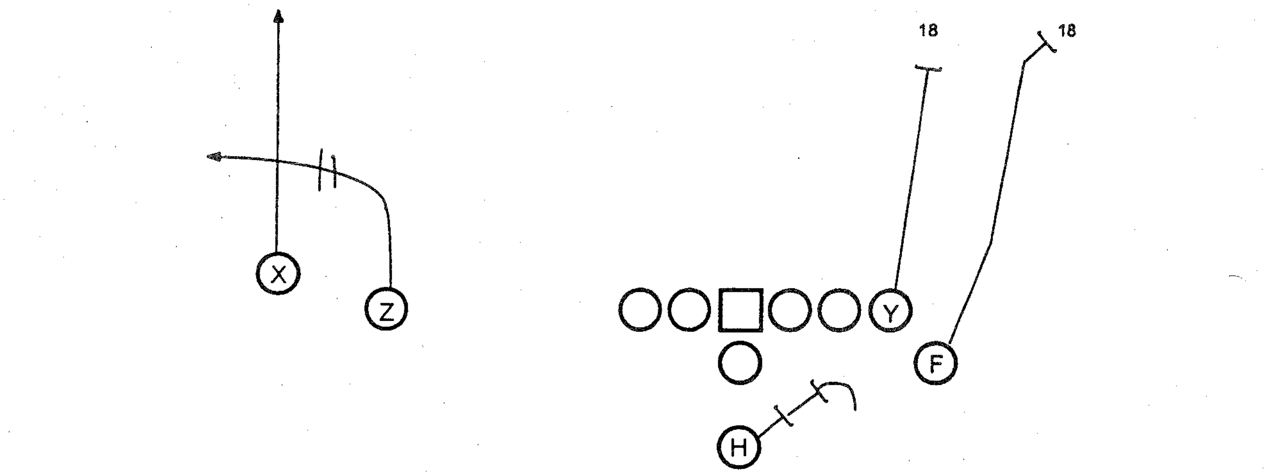






FLK RT ARC RT ROSE 19

FLK RT ARC RT ROSE 19

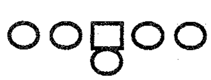


QB:

X
Y:
Z:

F:
H:

Notes:





SPECIAL PLAYS

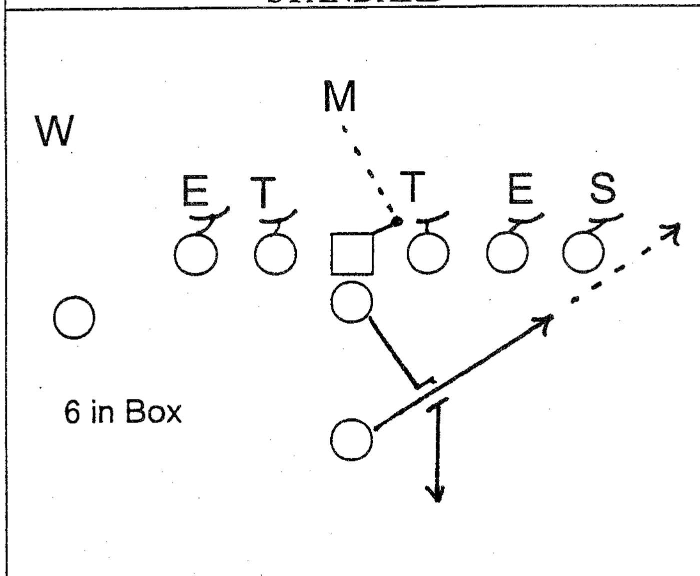
STRETCH PASS PROTECTION

This is a play action pass off of our Stretch run play. It is imperative that the blockers sell the run play. This protection will be used with an Alert to protect against the 7th man in the box. If we are aligned in Deuce formation we can run the play because our FB will be in position to block the 7th defender.

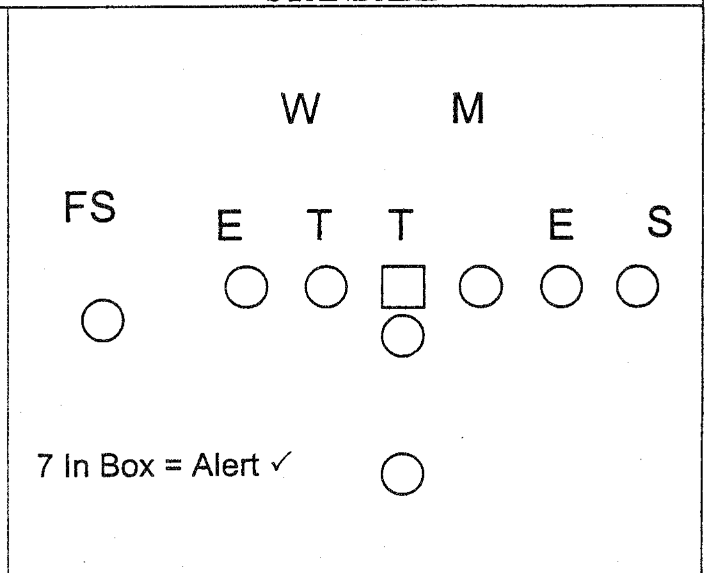
C.P. The faking back will make a great fake and look to block the SS, no threat, run flat.

STRETCH PASS RT

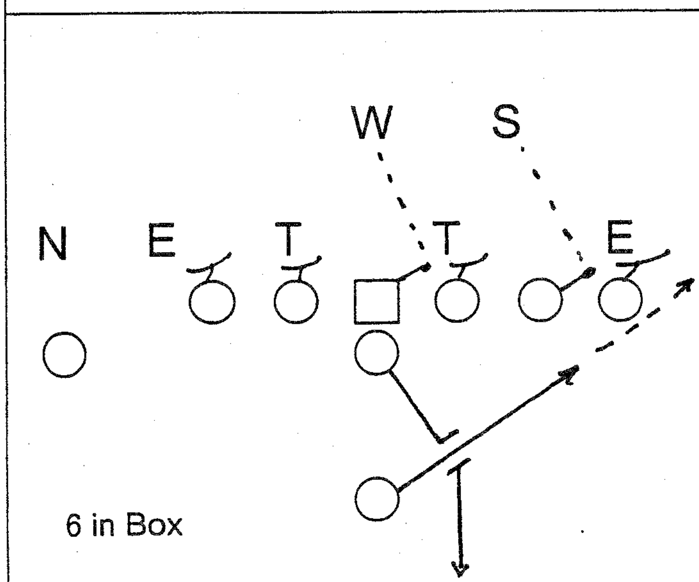
STANDARD



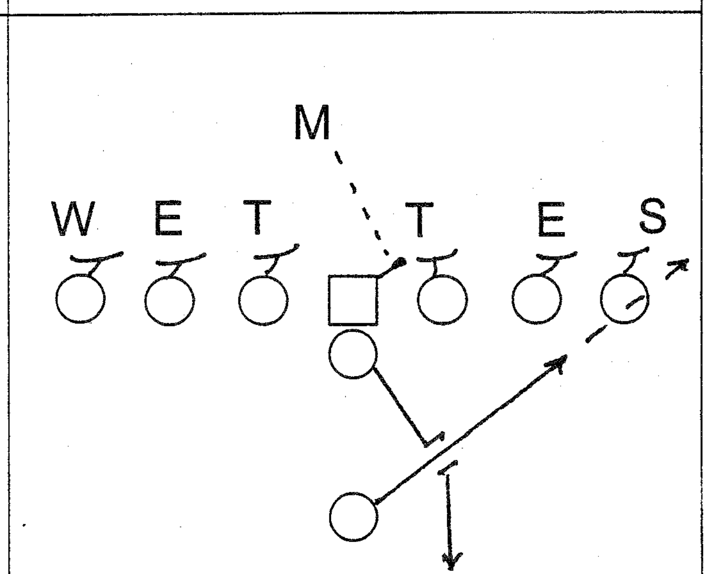
STANDARD



NICKEL

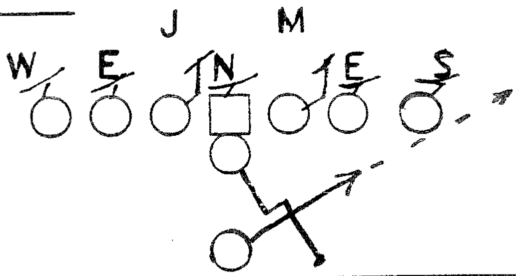


DEUCE PERSONNEL = NO NEED TO CHECK

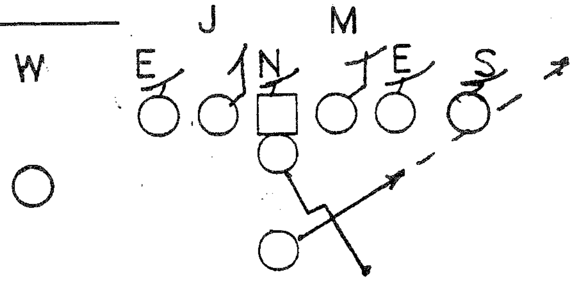


STRETCH PASS RIGHT

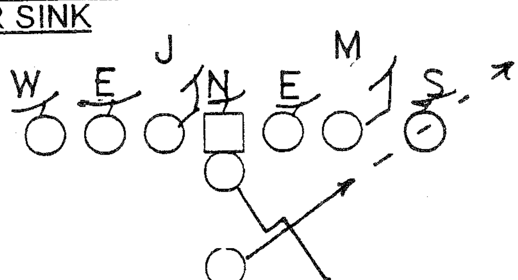
34



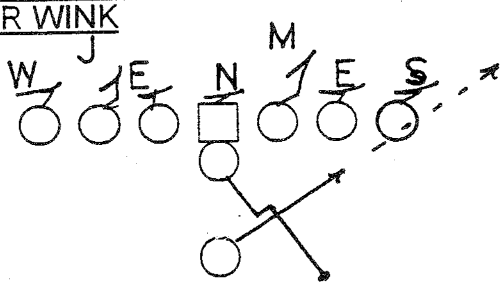
34



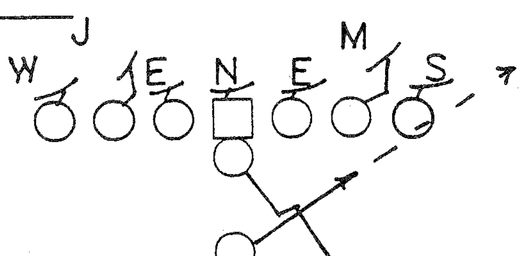
34 OVER SINK



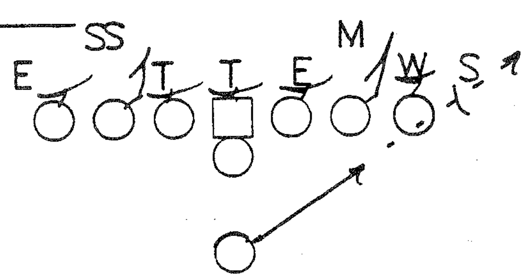
34 UNDER WINK



34 DINK

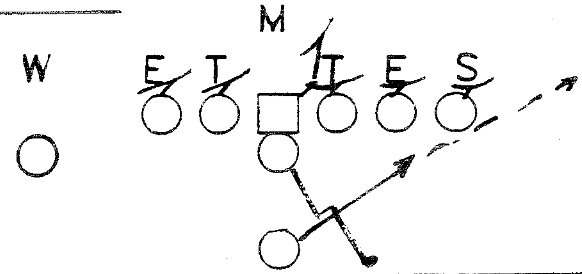


BEAR

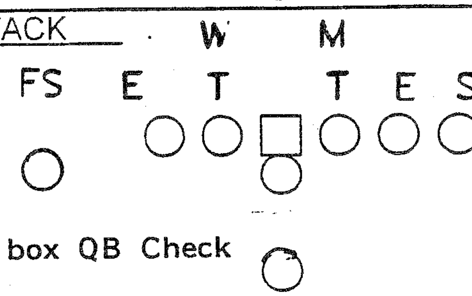


STRETCH PASS RIGHT

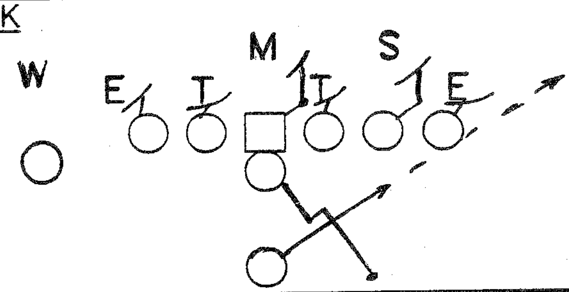
40



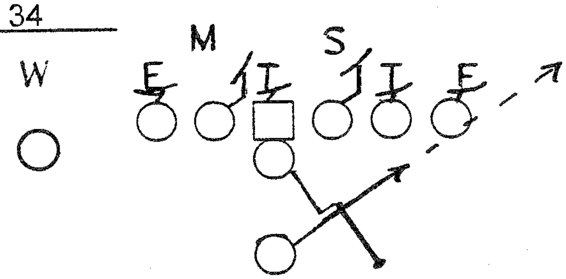
40 STACK



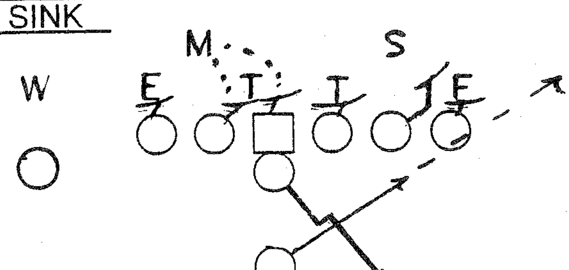
40 DINK



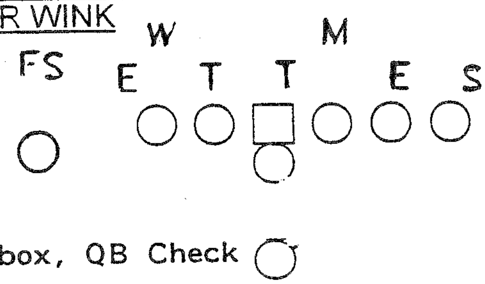
OVER 34



OVER SINK



UNDER WINK



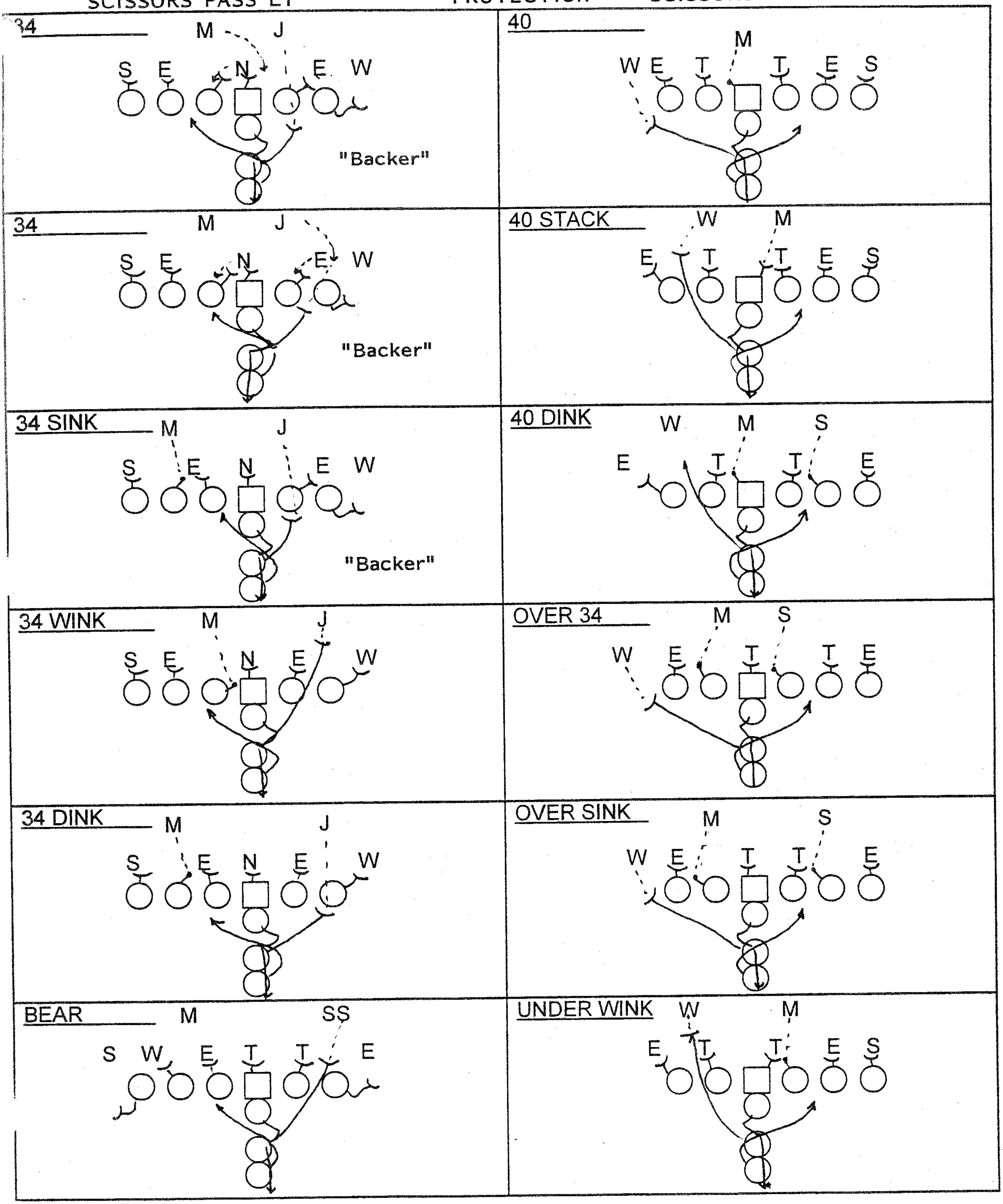
SCISSORS PASS RT/LT PROTECTION

A play action pass protection off of our Slant Scissors run play. The offensive line should block exactly like Slant Scissors. The Fullback is responsible for the WLB. The Halfback must make a great fake and look to block SS blitz.

C.P. Vs. 34 defensive front you will now block "Jack", the line will turn to WLB.
HB – Look to help the TE if Bubble over Offensive Tackle.

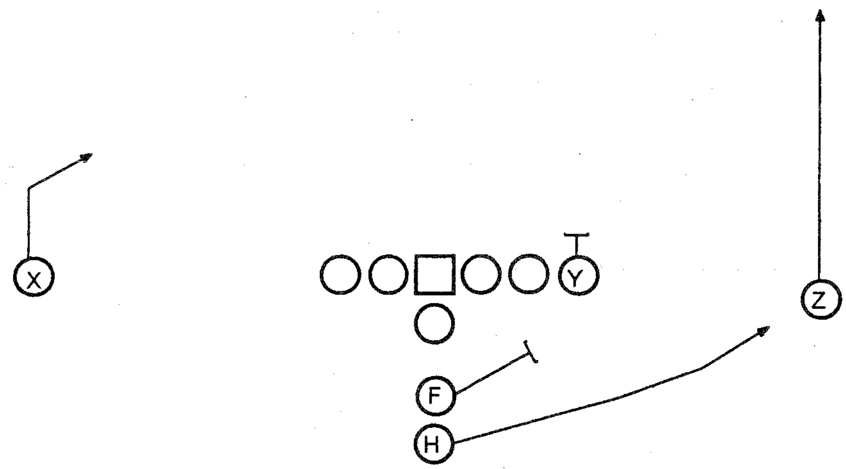
SCISSORS PASS RT/LT PROTECTION

SCISSORS PASS LT — SCISSORS PASS RT



X SLANT

I RT PITCH PASS RT X SLANT



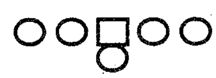
QB:

X
Y:
Z:

F:
H:

Notes:



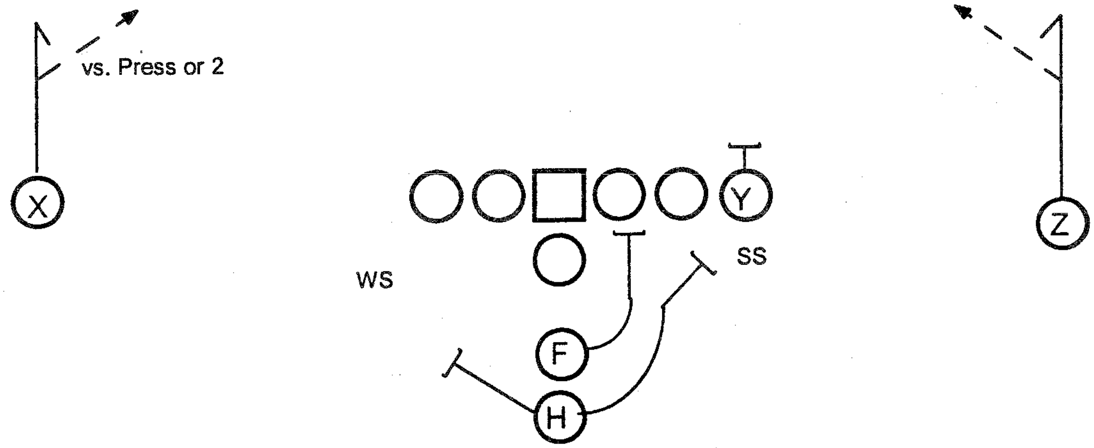






HITCH-READ

I RT LD DRAW PASS RT HITCH READ

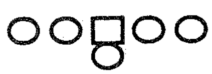


QB:

X
Y:
Z:

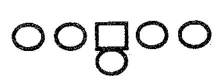
F:
H:

Notes:



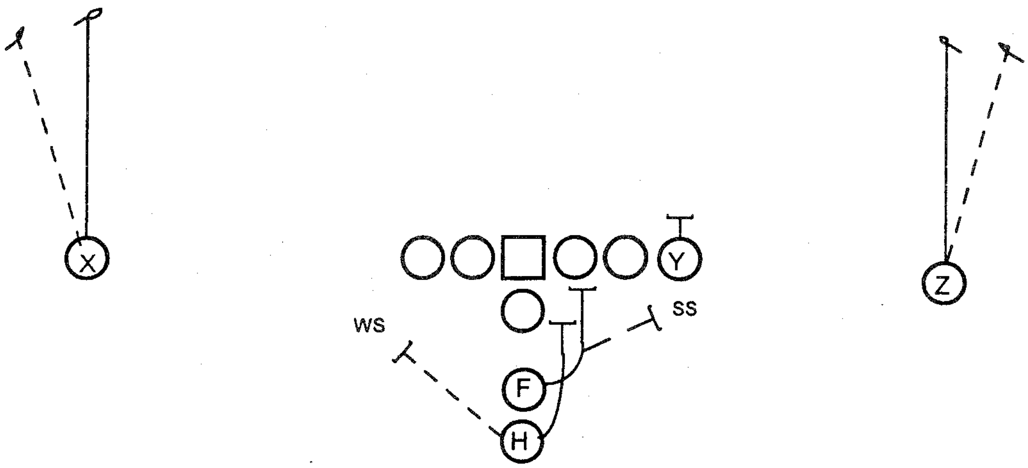






PATRIOT

I RT LEAD DRAW PASS RT PATRIOT



QB:

X
Y:
Z:

F:
H:

Notes:



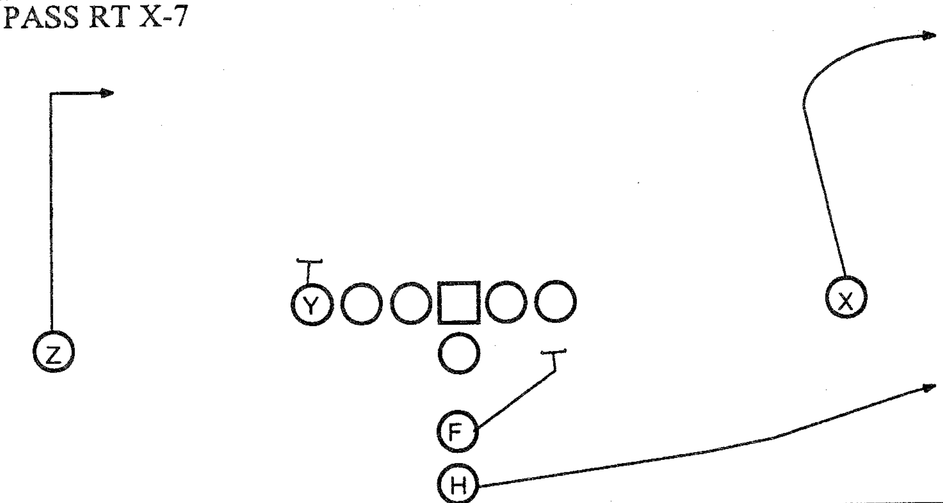






TOSS PASS

I LT TOSS PASS RT X-7



QB:

X
Y:
Z:

F:
H:

Notes:





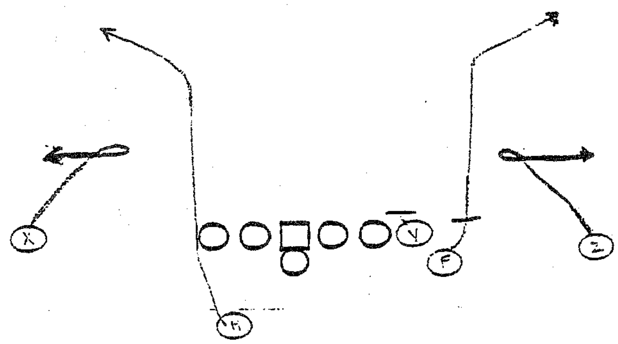




RED ZONE

SPIN CORNERS

TRIPS RT OTTO LT SPIN CORNERS



Q

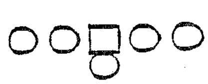
X Spin
Y: Block Protection
Z: Spin

F: Corner
H: Corner

Notes:

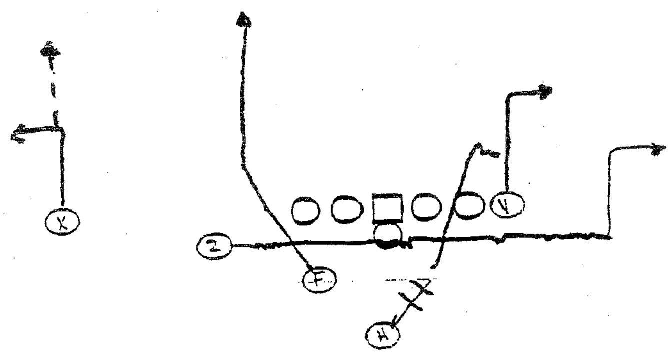








FAR RT ZING QUICK ARC RT 131 F-SEAM



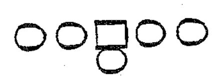
Q

X Outside 1 Route
Y: Inside 1 Route
Z: Outside 1 Route

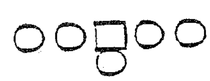
F: Seam
H: Check Down

Notes:



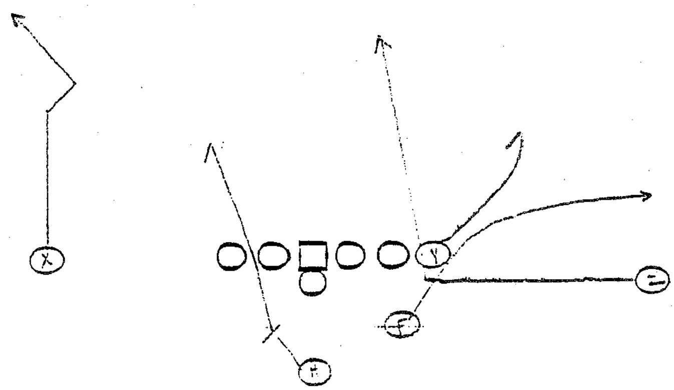






SQUIRREL 58 SPECIAL

NEAR RT ZIP SCAT RT SQUIRREL 58 SPECIAL



Q

X Post Corner

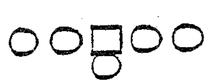
Y:

Z:

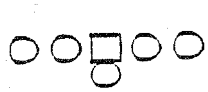
F:

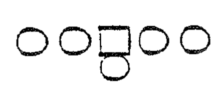
H:

Notes:



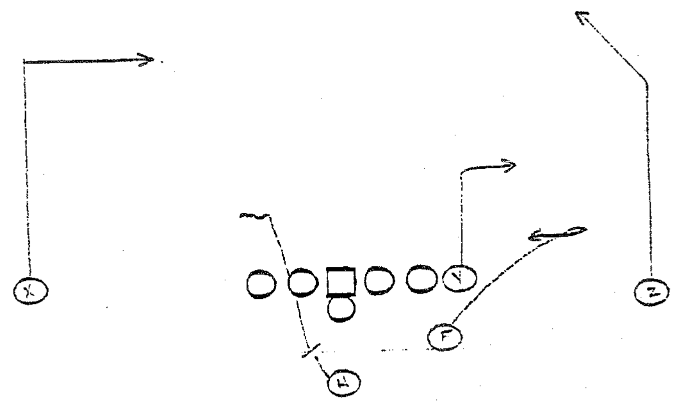






438 RUN IT F-TWIST

NEAR RT LIZ 438 RUN IT F-TWIST

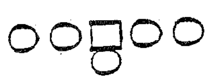


Q

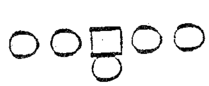
X Outside 4 Route
Y: Inside 3 Route
Z: Run It 8

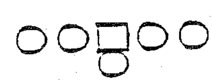
F: Twist
H: Check

Notes:



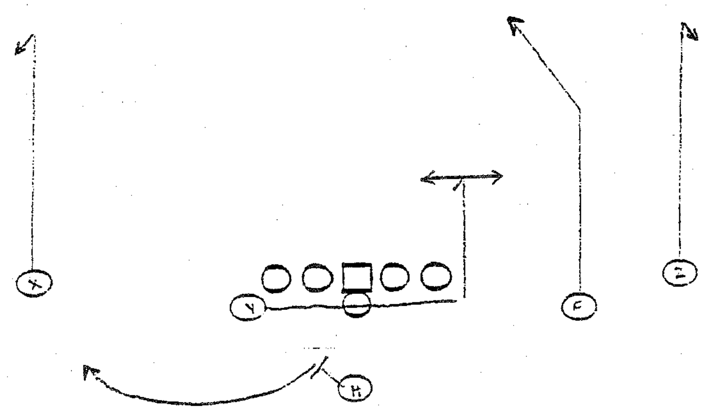






585 Y DODGE

TWINS RT FLY SCAT RT 585 Y DODGE

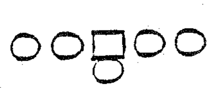


Q

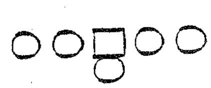
X Outside 5 Route
Y: Dodge
Z: Outside 5 Route

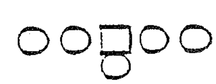
F: Inside 8 Route
H: Check Swing

Notes:



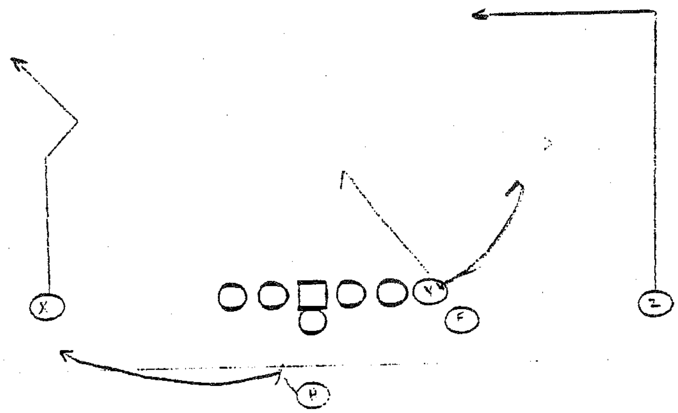






SQUIRREL 54 F-POP

TRIPS RT SCAT RT SQUIRREL 54 F- POP



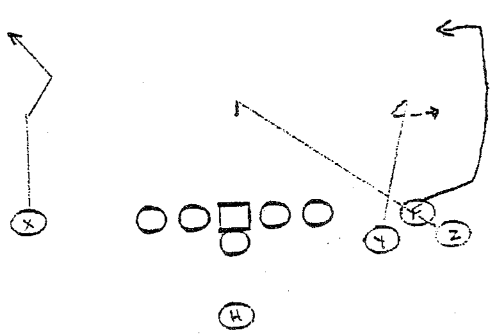
Q

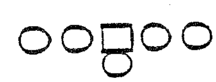
X Post Corner
Y:
Z: Outside 4 Route

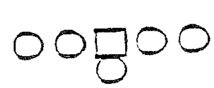
F: Pop
H: Check Swing

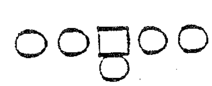
Notes:

BUNCH RT SCAT RT SQUIRREL 54 Z POP



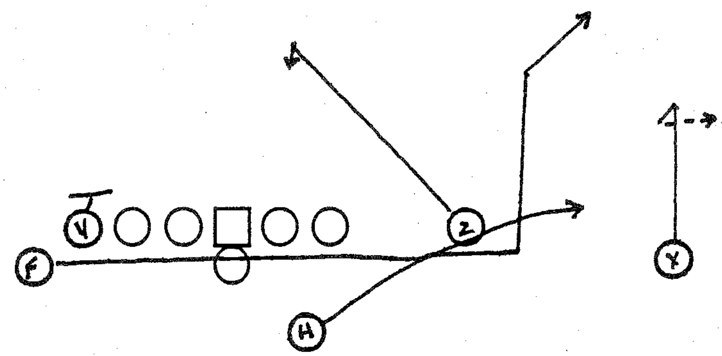






OH 60 WHIP

TEX RT MOTION SMOKE RT 0H 60 WHIP F CORNER FLAT

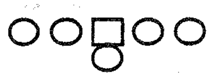


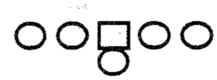
QB:

X 0 Whip
Y: Block Protection
Z: Inside 6

F: Corner
H: Flat

Notes:



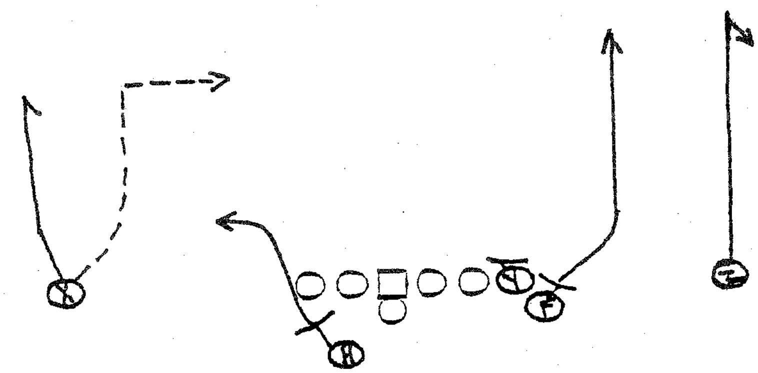






X HOOK H OUT

TRIPS RT OTTO LT X HOOK H FLAT

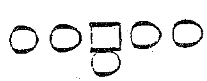


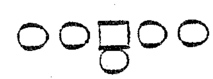
QB:

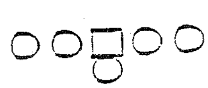
X
Y:
Z:

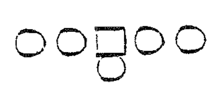
P:
H:

Notes:



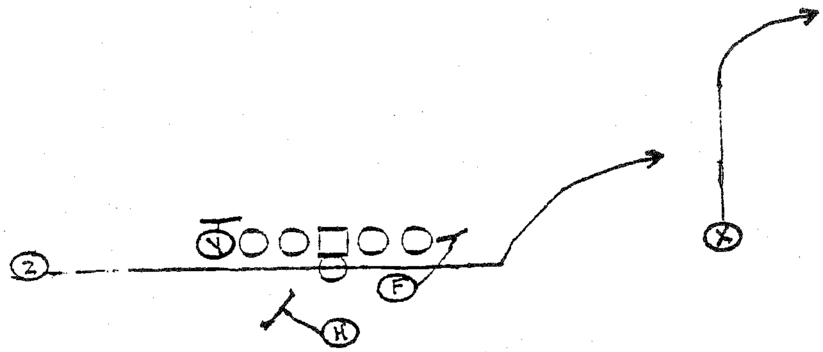






SPRINT RT OH 17/16

FAR LT SLOT ZOOM SPRINT RT OH 17



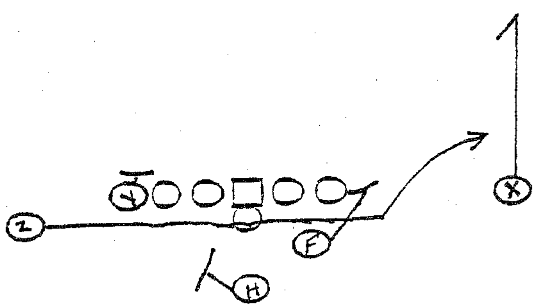
QB:

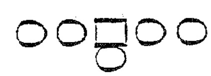
X
Y:
Z:

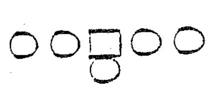
F:
H:

Notes:

FAR LT SLOT ZOOM SPRINT RT OH 16



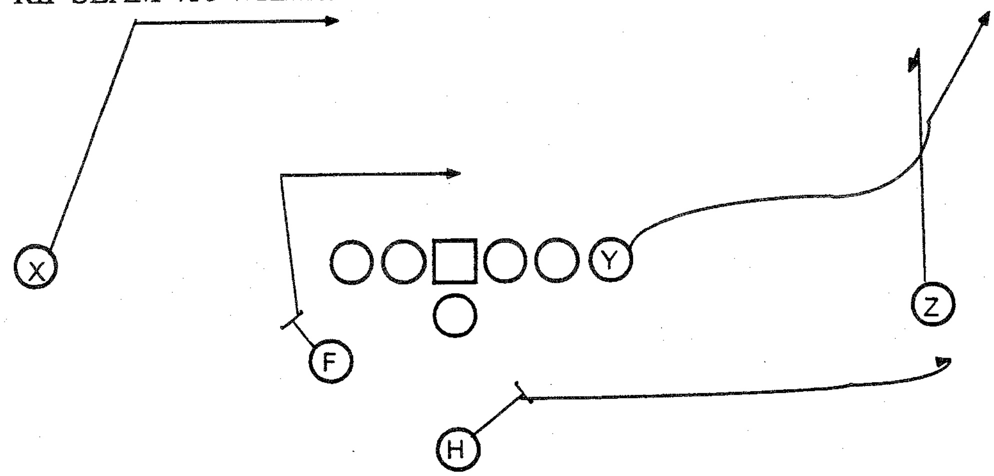






SEAM 416 (RED AREA)

FAR RT – RIP SEAM 416 WHEEL F-DRAG

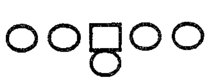


QB:

X Outside Seam 4
Y: Wheel
Z: Outside 6

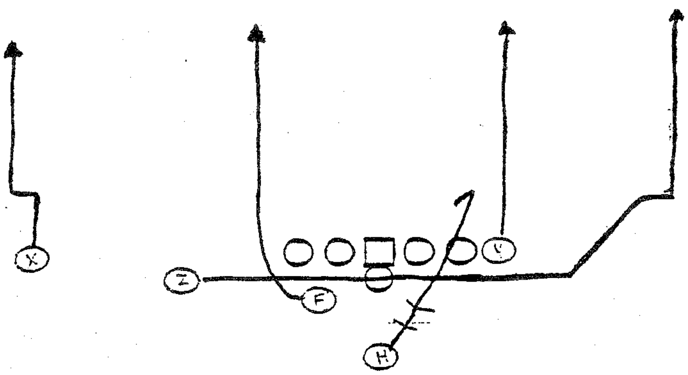
F: Check Drag
H: Check Swing

Notes:





FAR RT ZING QUICK ARC RT 191 PUMP F SEAM



QB:

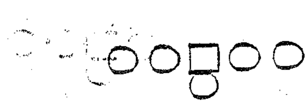
X
Y:
Z:

F:
H:

Notes:



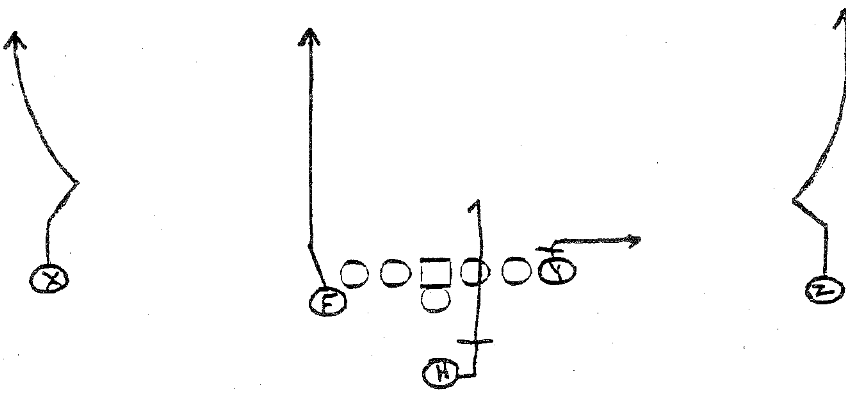






2 OH 2 SHAKES/PUMPS

DEUCE RT CHARLIE 10 2 OH 2 PUMP F SEAM



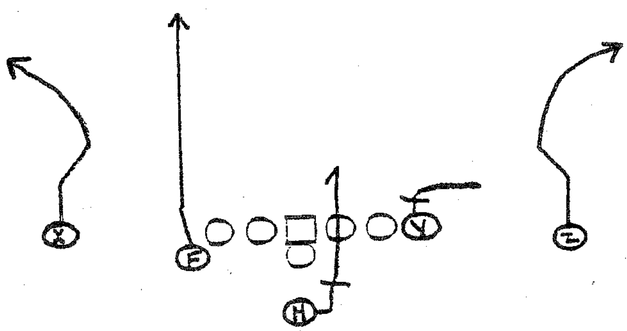
Q

X Z Pump
Y: Check Slow Flat
Z: 2 Pump

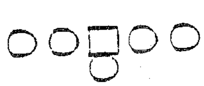
F: Seam
H: Check Down

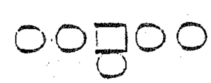
Notes:

DEUCE RT CHARLIE 10 2OH2 SHAKES F SEAM

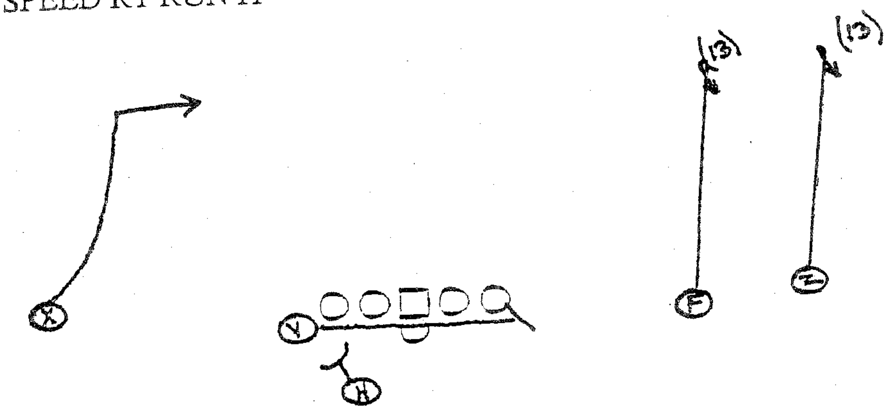








TWINS RT FLY SPEED RT RUN IT



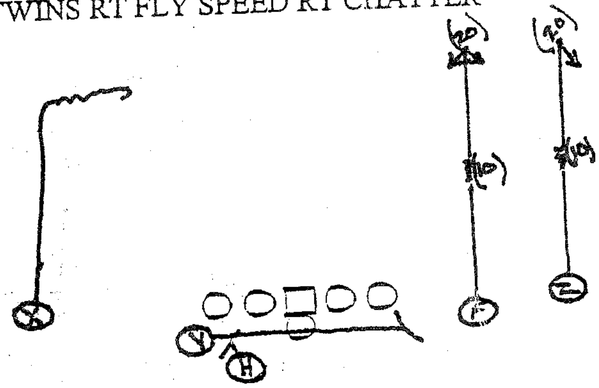
QB:

X:
Y:
Z:

F:
H:

Notes:

TWINS RT FLY SPEED RT CHATTER



TWINS RT FLY SPEED RT PUMP

